

43  
*Winners!*

**Jewel  
Shortening  
Recipes**

**Swift Canadian Co. Limited**

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# 43

## Prize Winning Recipes

from the  
Manitoba and Saskatchewan  
JEWEL SHORTENING RECIPE CONTEST

*Supplemented by*  
*54 of the best recipes from the*  
EASTERN CANADA JEWEL CONTEST

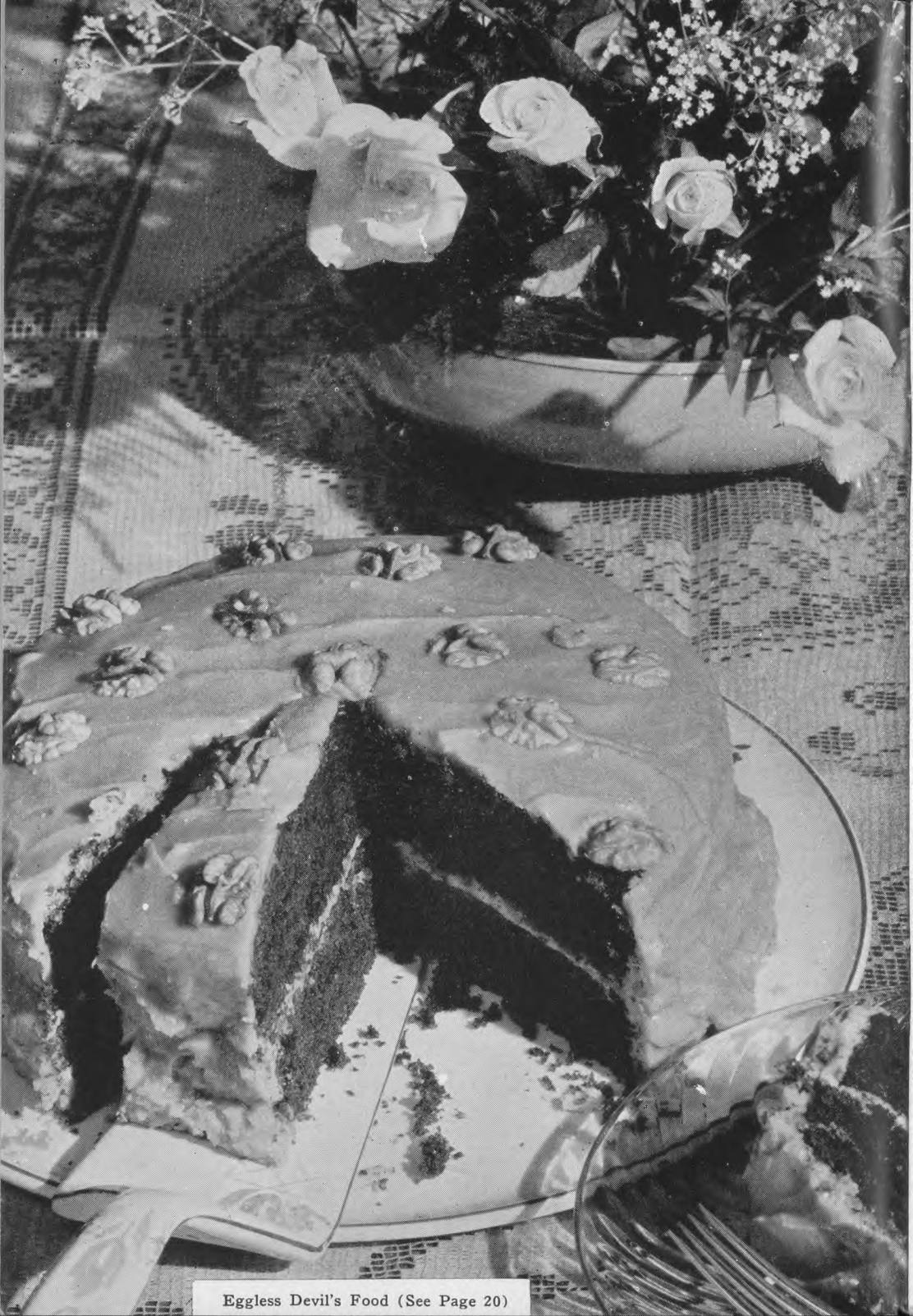
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● These prize-winning Western Recipes were judged and approved by: Miss Esther Thompson, Director, Women's Work Extension Service, Department of Agriculture, Government of Manitoba; Professor Mary Hiltz, Faculty of Agriculture and Home Economics, Manitoba University; Miss Gertrude Dutton, National Home Monthly; and Miss Katherine Caldwell, Canadian Home Journal.

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Eggless Devil's Food (See Page 20)



# Pies, Tarts, Fancy Pastries

## General Rules for Pastries

Level all standard measurements.

Keep all pastry ingredients cold as possible. If Jewel warms and softens during cutting-in, chill before adding water.

A small amount of baking powder may be sifted with flour and salt — as a help to the beginner in getting a light paste.

Cut Jewel into sifted dry ingredients, using a knife, two knives, or a pastry blender; or rub in quickly with chilled finger-tips; (the latter tends to make a close-textured rather than a light and flaky paste — and increases stickiness if fingers are warm).

For flakier crusts, keep part of Jewel in large bits—for closer pastry, cut in Jewel finely or rub in lightly.

Sprinkle water over surface, a little at a time; it is important to use just the right amount — which will differ a little for different flours because of their varying powers of absorption.

In combining and rolling paste, work quickly and lightly.

Roll on lightly-floured canvas, with rolling-pin covered with a child's ribbed white cotton stocking-leg — to prevent the rolling-in of extra flour. Chill paste if soft, rather than add extra flour.

Results are helped when paste goes from deep chill of refrigerator, directly into very hot oven, 450° to 475°.

Most winning pastry recipes in the Jewel contest used one of the following four types of Jewel paste — each of which is here given on the basis of 2 cups flour (enough paste for 2 shells or 1 two-crust pie).

## **Baked Pie and Tart Shells**

**Method 1.** Roll paste thin. Fit loosely into pie-pan. (For tarts, stamp out first with cutter of suitable size). Fit narrow strip of paste to dampened edge, to build up rim; press to seal; flute with fingers or crimp with fork. Prick paste closely with fork. If desired, ensure shape by partly filling with dried beans (removing when paste is set). Bake in very hot oven, 450° to 475°, until attractively browned.

**Method 2.** Roll paste thin. Fit loosely over **outside** of inverted pie-pan or tart pans (first cutting rounds of paste for latter). Place pan (still upside-down) on baking sheet; prick thoroughly all over. Bake as directed for Method 1. When baked, cool slightly, then slip shell off pan and place inside pan or on serving plate for filling.

## **Jewel Pie-Paste (No. 1)**

2 cups sifted flour

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup Jewel Shortening (Jewel makes easily digestible pastry)

Cold water

Sift flour and salt together. Cut in Jewel finely or work in quickly with chilled finger-tips. Mix in gradually only sufficient water to make a stiff dough which, when mixed lightly, may be cleaned easily from bowl. Chill if possible. If paste softens in warm room, always chill rather than work in more flour.

**Note:** (a)  $\frac{1}{2}$  teaspoon baking powder may be sifted with flour, if desired. (b) 1 teaspoon sugar may be sifted with dry ingredients.

## **Rich Jewel Pie-Paste (No. 2)**

Prepare same as "Jewel Pie-Paste, No. 1", but increase Jewel to  $\frac{2}{3}$  cup and cut it in rather coarsely. Or cut in half of Jewel finely and second half coarsely.

**Note:** For occasional special purposes, amount of Jewel may be increased.

## **Flaky Jewel Pie-Paste (No. 3)**

2 cups sifted flour  
 $\frac{2}{3}$  teaspoon salt  
 $\frac{2}{3}$  cup Jewel Shortening  
Cold water

Sift flour and salt. Cut in half of Jewel finely. Gradually mix in sufficient water to make a paste which when lightly mixed, may be cleaned easily from bowl. Roll  $\frac{1}{6}$ -inch thick; dot with half of reserved Jewel (which has been kept chilled). Dredge lightly with flour and fold in thirds from sides and ends. Roll and repeat, to use remaining Jewel. (With the new, purely-vegetable Jewel there's never a hint of "shortening" taste). Chill.

## **Easy Semi-Flake Jewel Paste (No. 4)**

2 cups sifted flour  
 $\frac{2}{3}$  teaspoon salt  
 $\frac{2}{3}$  cup Jewel Shortening (Jewel makes more tender pie crusts than the "costly" shortenings)  
Ice-cold water

Sift flour and salt; cut in Jewel rather coarsely. Set aside  $\frac{1}{4}$  of mixture. To remainder, add gradually just enough water to make a paste which when lightly mixed, may be cleaned easily from the bowl. Roll  $\frac{1}{6}$ -inch thick. Sprinkle half the reserved Jewel-and-flour "crumbs" over  $\frac{2}{3}$  of paste surface. Fold paste in three, to enclose crumbs — then fold over each end. Roll and repeat to use remaining crumbs. Chill if possible.

## **Meringue for Any Pie**

1 egg white  
Few grains salt  
1 to 2 tablespoons finely-granulated or powdered sugar  
Few drops flavouring extract or lemon juice

Beat egg white with salt until stiff but not dry. Gradually beat in sugar, beating after each addition, until mixture stands in peaks. Flavour. Drop lightly over filling of pie in mounds, or to cover; brown delicately in a slow oven,  $300^{\circ}$ . Increase amount of meringue as required.

**Note:** Use 1 tablespoon sugar to each egg white if pie filling is very sweet, up to 2 tablespoons sugar to each egg with less-sweet fillings. The same measures of powdered sugar make a slightly sweeter meringue than when granulated sugar is used.



MRS. C. M. ZIMMERMAN'S PRIZE

## Spiced Jewel Pie-Paste

Follow recipe for Flaky Jewel Pie-Paste No. 3, P. 5 — sifting  $\frac{1}{4}$  cup granulated sugar,  $\frac{1}{2}$  teaspoon each cinnamon and grated nutmeg, and  $\frac{1}{4}$  teaspoon ground mace with dry ingredients, and adding 1 teaspoon lemon juice with first of cold water.

**Judges' Note:** Delicious with cream, custard or fruit fillings.

MRS. E. McRAE'S PRIZE

## Delicate Raisin Pie

Jewel pie-paste No. 1, P. 4 (or No. 2, 3 or 4)

1 cup stale cake crumbs (light or dark)

1 cup seedless raisins

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  teaspoon cinnamon

Pinch salt

1 cup thick sweetened applesauce, or fruit juice to moisten

1 teaspoon baking powder

Add raisins, sugar, cinnamon, salt and applesauce (or fruit juice) to cake crumbs. Simmer for a few minutes, beating smooth with a fork. Remove from heat and when cool, add the baking powder. Bake between two crusts, in a hot oven, 450°.

MRS. HAROLD DANIEL'S PRIZE

## Sour Cream Raisin Pie

Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)

1 cup seeded raisins

1 cup crushed maple sugar

1 cup hot water

1 cup thick sour cream

Simmer raisins, maple sugar and water together for 15 minutes. Cool slightly, then combine with cream. Turn into pan lined with Jewel paste. Cover with upper crust, in which eyelets have been cut. Dampen, seal and crimp edges. Bake in hot oven, 450°, about 30 minutes.

## Hungarian Apple Pie

- 3 cups sifted flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- $\frac{2}{3}$  teaspoon salt
- $\frac{1}{4}$  teaspoon cinnamon
- 1 cup Jewel Shortening (snowy-white, "tasteless", purely vegetable)
- 1 egg and 1 yolk, slightly beaten
- Lukewarm milk (if required)
- . . . . .
- 1 cup fine dry breadcrumbs
- 5 cups peeled and sliced apples
- 1 cup granulated sugar
- 1 teaspoon cinnamon
- 1 cup chopped or broken nutmeats
- 1 egg white, slightly beaten

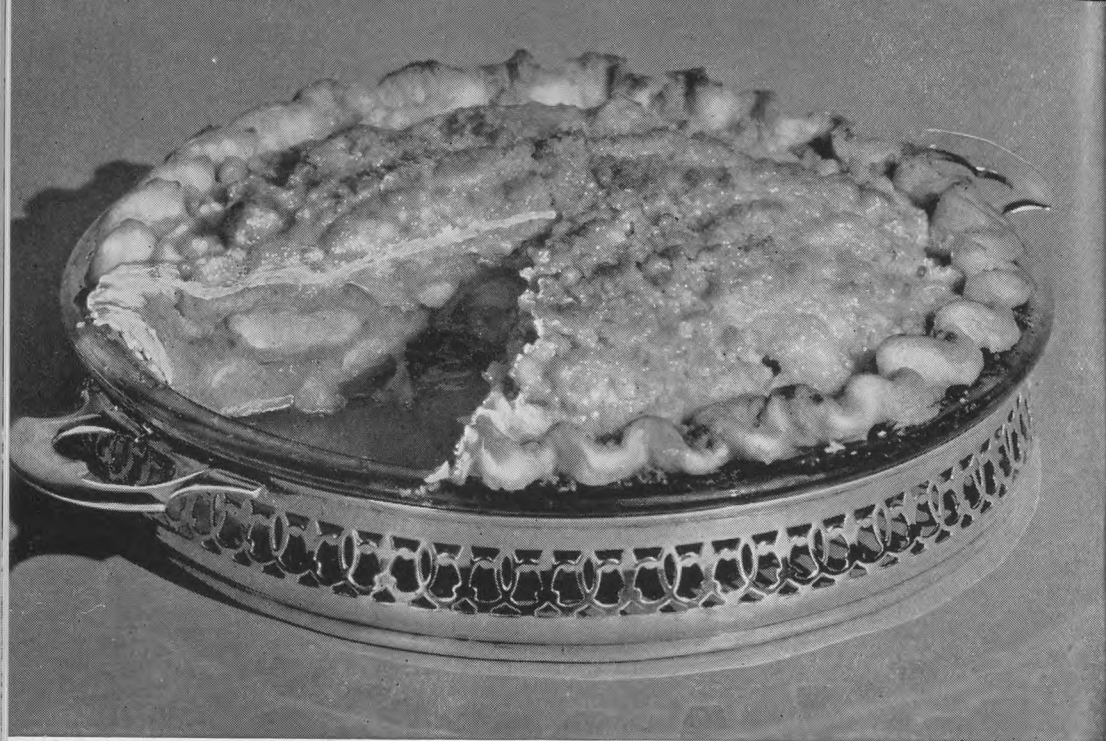
Sift flour with 1 tablespoon sugar, baking powder, salt and  $\frac{1}{4}$  teaspoon cinnamon. Cut in Jewel coarsely. Mix in lightly the egg and yolk, and sufficient milk to make a paste that may be cleaned well from the bowl. Roll  $\frac{2}{3}$  of paste to  $\frac{1}{4}$ -inch thickness and fit into square pan. Sprinkle with crumbs; add alternate layers of apples and crumbs. Sprinkle with 1 cup sugar mixed with 1 teaspoon cinnamon and the nutmeats. Cover with remaining paste rolled thin and slit for escape of steam. Brush with egg white. Bake in moderate oven, 350°, about 50 minutes, until crust is brown and apples tender. Cut in squares. Serve hot with whipped or plain cream.

MME. ALBERT SANSCARTIER'S PRIZE

## Surprise Pie

- Jewel pie-paste No. 1, P. 4 (or No. 2, 3 or 4)
- 2 cups dark brown sugar
- $\frac{1}{2}$  cup rolled oats
- $\frac{1}{2}$  cup milk
- $\frac{1}{6}$  teaspoon salt
- $\frac{1}{2}$  cup broken walnut meats

Line pie-pan with Jewel paste. Combine sugar, rolled oats, milk and salt and turn into pan; sprinkle with nuts. Place in hot oven, 450°. After 15 minutes, lower to 350°, (moderate), and complete baking. Serve cold.



MRS. A. ELIZABETH WILSON'S PRIZE

## Luscious Apple Pie

- Jewel pie-paste No. 2, P. 4 (or No. 1, 3 or 4)
- 6 to 8 medium-sized cooking apples, pared and sliced
- 1 cup granulated sugar
- $\frac{1}{2}$  cup water
- 2 teaspoons butter
- 1 teaspoon (or more) almond extract
- . . . . .
- 1 cup sifted flour
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{3}$  cup Jewel, the economical Shortening

Make pie shell, (P. 4). Make syrup of granulated sugar and water. Add apples and simmer 5 minutes. Add butter and almond extract, and simmer until tender. Drain apples, cool and place in pie shell. Mix flour and brown sugar and cut in Jewel finely. Spread over apples and brown pie in hot oven, 425° (about 15 minutes).

**Judges' Note:** If not sufficiently almond-flavoured (so important to distinctive character), sprinkle baked pie with few drops extract; result suggests chopped almonds in topping — very interesting!



MRS. CHARLES W. THORNTON'S PRIZE

## Grapefruit Pie

Jewel pie-paste No. 1, P. 4 (or No. 2, 3 or 4)

$\frac{1}{2}$  cup sifted pastry flour

or 7 tablespoons sifted hard-wheat flour

1 cup granulated sugar

$\frac{1}{8}$  teaspoon salt

1 cup boiling water

$\frac{1}{3}$  cup milk

3 egg yolks, beaten

$\frac{1}{2}$  tablespoon butter

$\frac{1}{2}$  cup grapefruit juice

1 teaspoon grated grapefruit rind

. . . . .

3 egg whites

4 tablespoons granulated sugar

Make pie shell (P. 4). Combine flour, 1 cup sugar and salt; stir in water and milk. Stir and cook over boiling water until mixture thickens and no raw flour flavour remains. Stir into egg yolks, return to double boiler; stir and cook until thick. Remove from heat and add butter, grapefruit juice and rind. Cool slightly; turn into baked pie shell. Cover with lightly-piled meringue of the 3 egg whites and sugar — make and bake it as on P. 5.

MRS. E. R. LAIDLAW'S PRIZE

## Cheese-Marmalade Dreams

Orange marmalade

Grated nippy cheese

Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)

(Jewel is grand for every kind of pastry)

Fit thinly-rolled Jewel paste into square pan. Spread with thick marmalade, then cover with grated cheese. Cover with Jewel paste, and brush with milk. Bake in hot oven, 450°, about 20 minutes. Cut in squares or fingers, then cool slightly before removing from pan. Delicious hot or cold.

**Judges' Note:** Delightful as a dessert — or in small-cake assortment.

MISS ERICA MacKENZIE'S PRIZE

## **Cranberry Mince Pie**

2 pounds apples, chopped  
2 pounds granulated sugar  
 $\frac{1}{2}$  cup chopped candied peel  
2 cups tart cranberry sauce  
2 cups chopped cooked beef  
 $\frac{1}{2}$  cup vinegar or lemon juice or mixture  
2 cups raisins  
 $\frac{1}{4}$  teaspoon ground cloves  
 $\frac{1}{4}$  teaspoon ground cinnamon  
2 cups water or stock

Combine ingredients and stir over low heat until sugar has dissolved. Cover and simmer gently until suitably thickened. Cool and store until required.

Line pan with rolled-out paste and fill with cranberry mincemeat. Cover with paste in which gashes have been cut to allow escape of steam; dampen edges to seal well. Bake in hot oven, 450°, about 30 minutes. For hot-water pie-paste:

$\frac{1}{2}$  pound Jewel Shortening (so convenient to use!)  
 $\frac{1}{2}$  cup boiling water  
4 cups sifted pastry flour  
or 3 $\frac{1}{2}$  cups sifted hard-wheat flour  
1 teaspoon salt

Combine shortening and water and stir until creamy. Stir in flour, sifted with salt; combine thoroughly. Chill before using. Paste may be stored in a cool place for several days, if desired.

**Note:** Any of Jewel pastes, pages 4 and 5, may be used instead of hot-water paste.

MRS. A. MIDDLETON SR.'S PRIZE

## **Jewel Almond Fingers**

1 $\frac{1}{2}$  cups sifted pastry flour  
or 1 $\frac{1}{3}$  cups sifted hard-wheat flour  
4 tablespoons fruit sugar  
 $\frac{1}{2}$  teaspoon salt  
1 tablespoon ground almonds  
6 tablespoons Jewel Shortening (you'll like Jewel for general baking)  
1 egg yolk, slightly beaten  
Water, as required

Sift flour with sugar and salt. Add almonds, then cut in the Jewel finely. Lightly mix in egg yolk, mixed with 1 teaspoon water; use additional water if necessary (dough should be stiff enough to roll). Roll out and use to line lightly-Jewelled square pan. Prick all over with fork. Bake in hot oven, 400°. When delicately browned, remove from oven, spread lightly with raspberry jam, and cover with following mixture:

2 egg whites  
½ cup fruit sugar  
2 ounces (7 tablespoons) chopped blanched almonds  
¼ teaspoon cinnamon

Beat egg whites with few grains salt until stiff but not dry. Gradually beat in fruit sugar, beating after each addition until mixture stands in peaks. Add almonds and cinnamon—and if desired, fold in a little grated unsweetened chocolate. Spread. Return to oven, which has been reduced to 350° (moderate); bake until delicately browned. Cut in neat fingers. When cold, remove from pan.

MRS. A. GUNNLAUGSON'S PRIZE

## Coconut Pumpkin Pie

Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)  
1 cup brown sugar  
¼ teaspoon salt  
½ teaspoon ground cinnamon  
¼ teaspoon ground cloves  
1 egg, beaten  
½ cup cream or evaporated milk  
1½ cups canned or sieved cooked pumpkin  
¼ cup coconut  
• • • • •  
¼ cup coconut  
2 tablespoons honey or corn syrup

Line pan with pie-paste. Combine following eight ingredients in order given. Turn into pan and place in hot oven, 425°. After 10 minutes, lower to 350° (moderately hot), and bake until filling is set. When baked, sprinkle with ¼ cup coconut and drizzle with honey or syrup. Return to oven a few moments to brown coconut lightly.



## Epicurean Pie

- Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)  
—add 1 teaspoon lemon juice to the water  
2 cups scalded milk  
4 tablespoons cornstarch  
 $\frac{3}{4}$  cup granulated sugar  
 $\frac{1}{4}$  teaspoon salt  
3 egg yolks, beaten  
1 cup well-drained canned pineapple  
or 1 cup chopped apple  
1 banana  
. . . . .  
3 egg whites  
5 tablespoons powdered sugar

Make pie shell, (P. 4). Stir scalded milk into mixed cornstarch, granulated sugar and  $\frac{1}{4}$  teaspoon salt. Stir and cook over boiling water until mixture thickens and no raw starch flavour remains. Stir into egg yolks, return to double boiler and stir and cook until thick. Remove from heat, add pineapple and crushed banana, cool slightly and turn into baked pie shell. Cover with lightly-piled meringue of the 3 egg whites and sugar — make and bake it as on P. 5.

## English Bakewell Tart

- Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)  
Raspberry, strawberry or other jam  
2 ounces (7 tablespoons) almonds, ground  
4 tablespoons powdered sugar  
4 tablespoons butter  
2 eggs, beaten

Line shallow pie-pan with Jewel paste. Put in layer of thick jam. Combine almonds and sugar, then work in butter (or Jewel). Combine thoroughly with eggs. Turn into pie-pan. Place in hot oven, 450°. After 10 minutes, lower to moderate, 350°, and bake until set (about 20 minutes longer).

**Judges' Note:** Tiny individual tarts made this way will contribute delightfully to small-cake assortment.

MRS. A. SENGERS PRIZE

## Minted Strawberry Pie

Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)

3 cups fresh strawberries

6 small sprigs fresh mint

or  $\frac{1}{2}$  teaspoon mint flavouring

$1\frac{1}{4}$  cups granulated sugar

$\frac{1}{8}$  teaspoon salt

$1\frac{1}{2}$  cups hot water

$1\frac{1}{2}$  tablespoons gelatine softened in

$\frac{1}{4}$  cup cold water

Lightly-sweetened whipped cream (optional)

Make baked pastry shell (P. 4). Wash, hull and drain strawberries. Bruise washed mint, add sugar, salt and hot water; bring slowly to boil and simmer 10 minutes. (If mint flavouring is used in place of fresh mint, add after gelatine). Add to softened gelatine and stir until dissolved. Strain. Pour over strawberries and let stand until cool. Chill with occasional stirring until mixture has begun to thicken, then stir again and pour into baked pie shell. Chill until firm. Top if desired with lightly-sweetened whipped cream and garnish with whole berries.



MRS. H. C. WOODCOCK'S PRIZE

## **Apricot Meringue Pie**

Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)  
2 cups apricot sauce (see below)  
1 cup milk  
2 eggs  
 $\frac{1}{4}$  cup granulated sugar  
2 tablespoons flour  
 $\frac{1}{4}$  teaspoon salt  
2 teaspoons lemon juice  
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2 egg whites  
 $\frac{1}{4}$  cup granulated sugar

For the apricot sauce, soak 2 cups finely-chopped dried apricots over night in cold water to cover. Cook until thick in water in which they were soaked, with 1 cup sugar added.

Line pie-pan with paste.

Mix apricot sauce with milk and add to eggs, which have been beaten slightly with mixed sugar, flour and salt; add lemon juice. Turn into pastry-lined pie-pan and bake in hot oven, 400°, for 10 minutes, then reduce heat a little and bake until set (about 25 minutes longer). Beat 2 egg whites with a few grains salt until stiff but not dry and gradually beat in  $\frac{1}{4}$  cup sugar, beating stiff after each addition. Pile over apricot filling and bake in slow oven, 300°, until delicately browned.

MRS. M. W. GORDON'S PRIZE

## **Almond Pastry—Lemon Sponge Pie**

1½ cups sifted flour  
3 tablespoons granulated sugar  
 $\frac{2}{3}$  teaspoon salt  
3 tablespoons ground almonds  
 $\frac{1}{2}$  cup Jewel, the economical shortening  
1 egg, beaten  
Cold water as required

Sift flour with sugar and salt. Add almonds. Cut in Jewel rather coarsely. Add egg, mixed with 1 tablespoon water—using, if necessary, additional cold water to make a stiff dough. Roll out; line pie-pan. Bake in hot oven, 450°, 5 minutes; then pour in the following filling:



$2\frac{1}{2}$  tablespoons flour  
 $\frac{3}{4}$  cup granulated sugar  
 Juice and grated rind of 1 large lemon  
 2 egg yolks, slightly beaten  
 $\frac{3}{4}$  cup milk  
 2 tablespoons Jewel Shortening  
 2 egg whites  
 $\frac{1}{8}$  teaspoon salt

Combine flour and sugar very thoroughly and add lemon rind, juice and egg yolks. Heat milk, add Jewel and stir until melted. Stir into lemon mixture, then fold in egg whites, which have been beaten with salt until stiff but not dry. Turn into slightly-baked pie-shell and bake in moderate oven,  $350^{\circ}$ , until set (about 45 minutes). If browning too quickly, protect with heavy paper. Serve very cold.

MRS. J. HOYER'S PRIZE

## Bavarian Tarts

$1\frac{1}{2}$  cups sifted pastry flour  
 or  $1\frac{1}{4}$  cups sifted hard-wheat flour  
 $\frac{1}{2}$  teaspoon salt  
 2 tablespoons fruit sugar  
 $\frac{1}{2}$  cup Jewel Shortening (Jewel is grand for every kind of pastry)

1 egg yolk with cold water as required

Sift flour with salt and sugar; lightly work in Jewel, or cut in finely. Beat egg yolk slightly and add 1 tablespoon cold water. Add gradually to Jewel mixture with sufficient water, if needed, to make a stiff dough. Chill, roll thin, and use to line small Jewelled tart pans. For the filling:

2 eggs  
 1 cup granulated sugar  
 $\frac{1}{4}$  teaspoon baking powder  
 $\frac{1}{8}$  teaspoon salt  
 1 tablespoon melted Jewel Shortening  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{3}$  cup broken pecans  
 $\frac{1}{3}$  cup chopped pitted dates  
 $\frac{1}{4}$  cup chopped candied cherries  
 $\frac{1}{4}$  cup currants

Beat eggs; mix sugar, baking powder and salt, and beat in gradually. Add Jewel, then vanilla, nuts and fruits. Turn into unbaked tart shells, to  $\frac{2}{3}$  fill. Bake in hot oven,  $400^{\circ}$ , about 15 minutes.

## Triple Tarts

- 1 cup economical Jewel Shortening
- $\frac{1}{2}$  cup boiling water
- 3 cups sifted flour
- 2 teaspoons baking powder
- 1 teaspoon salt

Combine Jewel and boiling water and stir until creamy. Stir in the flour, sifted 3 times with baking powder and salt. Roll dough to  $\frac{1}{4}$ -inch thickness. Cut in large rounds with cooky cutter. Remove centres from half the rounds, to form rings. Bake in hot oven, 450°. For the filling:

- $\frac{1}{2}$  cup granulated sugar
- 2 tablespoons cornstarch
- $\frac{1}{8}$  teaspoon salt
- 1 cup hot milk
- 2 eggs, beaten
- 1 teaspoon butter
- $\frac{1}{2}$  teaspoon vanilla or almond extract
- Drained canned pitted red cherries
- Whipping cream

Combine sugar, cornstarch and salt thoroughly. Stir in milk. Stir and cook until mixture has thickened smoothly and no raw flavour of starch remains. Stir into eggs, return to double boiler and stir and cook until thick. Add butter and flavouring. Spread slightly-cooled cream filling on pastry rounds, and cover with rings. Fill centres with cherries and top with whipped cream.

**Note:** Any of Jewel pastes, pages 4 and 5, may be used.

## Bread-Dough Pastry

- 1 pound bread dough (after rising)—about 1 quart
- $3\frac{3}{4}$  cups sifted bread flour
- 1 teaspoon salt
- 1 pound Jewel Shortening (finer results at lower cost)

Sift flour and salt, then cut in Jewel. Work into bread dough and knead on lightly-floured board or canvas until smooth and elastic. Let stand in a cold place at least 1 or 2 hours before using for pies, tarts, etc. May be kept tightly covered in cold place, for two weeks. Bake as other pastes.

# Large Cakes and Icings

## General Rules for Cakes

Use tested recipe and follow accurately.

Assemble all utensils and materials.

Use standard 8-ounce measuring cup, and measuring spoons.

Level all measurements.

Have all ingredients at as nearly same temperature as possible. (Jewel Shortening, because it keeps so well at ordinary temperature, can be always ready for cake-making.)

The foundation of a cake's texture is laid when the shortening and sugar are creamed together and eggs added. It is at this early stage that most of the beating should be done. Because of the already creamy consistency of Jewel Shortening, it dissolves the sugar quickly, and mixture can easily be beaten very light and fluffy.

Avoid over-beating of ordinary cakes after addition of flour.

Sift flour, and stir up other powdery dry ingredients, before measuring. It is well to sift light dry ingredients together several times after measuring.

Take cake from oven when it begins to draw from sides of pan, and when cake tester inserted in centre comes out clean.

Cool Jewel cakes 3 minutes in pan, before turning onto wire rack to cool. Avoid draughts.

Fill and frost cakes when cold.

MRS. O. K. WEATHERBY'S PRIZE

## Southern Chocolate Cake

- 1 cup quality Jewel Shortening
- 2 cups granulated sugar
- 5 eggs
- 4 squares unsweetened chocolate, melted
- 1 cup broken walnuts
- 2½ cups sifted pastry flour  
or 2 cups and 3 tablespoons sifted hard-wheat flour
- ½ teaspoon salt
- ⅞ teaspoon baking soda
- 1 teaspoon baking powder
- 1 cup sour cream
- 2 teaspoons vanilla

Cream Jewel slightly and gradually blend in sugar; beat light. Add well-beaten egg yolks; combine thoroughly. Stir in melted chocolate. Add nuts, dredged with part of measured flour. Sift remaining flour, salt, soda, baking powder, and add to Jewel mixture alternately with sour cream, combining after each addition. Fold in stiffly-beaten egg whites and vanilla. Bake in Jewelled and floured pan (9-inch square or equivalent) in moderate oven, 350°, 50 to 60 minutes. Cover with boiled frosting and ½ cup nutmeats.





## Mystery Cake

- ½ cup Jewel Shortening (Jewel creams instantly — saves time and trouble)
- 1 cup granulated sugar
- 2 cups sifted cake flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 2 squares unsweetened chocolate (melted)
- ¾ cup chopped candied cherries
- ¾ cup chopped toasted almonds
- 1 cup cold water
- 4 egg whites
- 1 teaspoon vanilla

Cream Jewel slightly and gradually blend in sugar; beat until light. Sift flour with baking powder and salt and blend quarter of the amount into Jewel mixture. Stir in melted chocolate. Add cherries and almonds to remaining flour mixture, and add these ingredients to Jewel mixture alternately with water, combining after each addition. Beat egg whites until stiff but not dry, and fold into mixture, with vanilla. (This is a thin batter). Turn into Jewelled and floured 9-inch square pan and bake in moderate oven, 350°, about 50 minutes. When cold, cover with Orange Icing.

### ORANGE ICING

- 6 tablespoons butter and Jewel Shortening
- 4½ cups sifted icing sugar
- 4½ tablespoons cream
- Grated rind 1 orange
- 1½ tablespoons orange juice
- Few grains salt

Melt fat in double boiler. Remove from heat and blend in icing sugar and cream. Replace over boiling water and stir until mixture is heated through. Remove from heat and stir in orange rind and juice. Add salt, and cool partially for spreading; (if icing becomes too thick, soften over hot water). Sprinkle frosted cake lightly with salted toasted almonds.

**Judges' Note:** This icing is of heavy fondant type and is best applied by patting and moulding with hands, to fit cake.

## **Eggless Devil's Food, Caramel Frosted**

- 2 cups brown sugar
- $\frac{1}{2}$  cup cocoa
- $\frac{1}{2}$  cup Jewel, the snowy-white, vegetable Shortening
- 1 cup sour milk
- $2\frac{1}{2}$  cups sifted pastry flour
- or 2 cups and 3 tablespoons sifted hard-wheat flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- $\frac{1}{2}$  cup hot water

Mix sugar and cocoa; blend gradually into slightly-creamed Jewel; beat well. Add alternately the sour milk and the flour and salt sifted together; combine after each addition. Stir in soda dissolved in hot water. Bake in Jewelled and floured layer pans, in moderate oven, 350°, about 25 minutes; or in square or loaf pan, at 325°, 50 to 60 minutes.

### **CARAMEL FROSTING**

- 2 cups brown sugar
- 2 teaspoons flour
- $\frac{1}{2}$  cup milk
- 2 tablespoons butter
- 2 tablespoons marshmallow whip
- or 8 marshmallows, cut small
- 1 teaspoon vanilla

Mix first three ingredients and cook until a few drops in cold water will form a slightly-firm soft ball (240°). Beat until partly thickened; add butter, marshmallow, vanilla and pinch of salt; beat to spreading consistency; (if hardening too quickly, thin with a little cream). Use as filling and frosting.

MRS. MABEL C. OLIVER'S PRIZE

## **Semi-Ready Chocolate Icing**

- 6 squares unsweetened chocolate (cut up)
- $\frac{3}{4}$  cup Jewel Shortening (tasteless, delicate, purely vegetable)

Melt chocolate over hot water; cool slightly and mix in Jewel. Combine thoroughly. Store in covered container. (Will make enough for about four times the following recipe).

For Icing:

- $\frac{1}{3}$  cup chocolate mixture (made above)
- 1 cup sifted icing sugar
- Cream or rich milk as required
- $\frac{1}{6}$  teaspoon salt
- 1 teaspoon vanilla

Melt chocolate mixture. Add icing sugar alternately with enough liquid to make of suitable spreading consistency. Add salt and vanilla and beat until fluffy.

**Judges' Note:** Made sufficiently stiff with additional icing sugar, and with nuts added, this is an excellent fudge.

MME. ANTOINO BLAIS'S PRIZE

## Marvellous Chocolate Cake

- 1 egg
- 1 cup granulated sugar
- $\frac{1}{2}$  cup Jewel Shortening (there's no need here for expensive butter)
- $2\frac{1}{2}$  cups sifted pastry flour
- or 2 cups and 3 tablespoons sifted hard-wheat flour
- 4 tablespoons cocoa
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 cup sour milk
- 1 teaspoon vinegar
- 1 teaspoon vanilla
- 1 cup chopped pitted dates

Beat egg; gradually beat in sugar. Add Jewel and beat very light. Coat dates with part of flour and sift remaining flour with cocoa, baking powder and salt; add to Jewel mixture alternately with milk and vinegar (mixed); combine after each addition. Add vanilla and dates. (The batter is a thin one.) Bake in Jewelled and floured 9-inch square pan in moderate oven,  $350^{\circ}$ , 45 to 50 minutes. When cold, cover with the following icing:

- 2 tablespoons Jewel Shortening or butter
- $1\frac{1}{2}$  cups sifted icing sugar
- 1 tablespoon cocoa
- $\frac{1}{8}$  teaspoon salt
- Hot strong coffee
- Few drops vanilla

Cream Jewel or butter. Sift icing sugar with cocoa and salt; add to shortening alternately with enough coffee to make of spreading consistency. Add vanilla and beat until fluffy.

## Bride's Dream Cake

- $\frac{1}{2}$  cup Jewel Shortening (a white cake is whiter with snowy Jewel)
- 1 cup fine granulated sugar
- $2\frac{1}{2}$  cups sifted pastry flour  
or 2 cups and 3 tablespoons sifted hard-wheat flour
- 4 teaspoons baking powder
- $\frac{3}{4}$  teaspoon salt
- 1 cup milk
- 6 egg whites
- 1 teaspoon each vanilla and almond extracts

Cream Jewel slightly and gradually blend in sugar; beat until light. Sift flour with baking powder and salt and add, alternately with milk. Beat egg whites until stiff but not dry and fold into batter, with flavourings. Turn into 2 Jewelled and floured 8-inch layer pans. Bake in moderate oven, 350°, about 30 to 35 minutes. When cold, put together with a layer of orange filling, covered with the fruited filling. Cover cake with the plain seven-minute frosting.

### ORANGE FILLING

- $\frac{1}{2}$  cup granulated sugar
- 2 tablespoons flour
- 2 tablespoons cornstarch
- $\frac{1}{2}$  tablespoon lemon juice
- Strained juice and grated rind of 1 orange
- $1\frac{1}{8}$  cups orange carbonated beverage
- 2 egg yolks, slightly beaten
- $\frac{1}{4}$  teaspoon salt

Combine sugar, flour and cornstarch thoroughly. Add lemon and orange juices, orange rind and orange carbonated beverage. Add egg yolks and salt, and stir in double boiler over boiling water until mixture has thickened and no raw flavour of starch remains. Cool for spreading.

### SEVEN-MINUTE FROSTING, FRUITED FILLING

- $1\frac{1}{2}$  cups fine granulated sugar
- 2 unbeaten egg whites
- 5 tablespoons cold water
- 1 tablespoon light corn syrup
- Few grains salt



Place all ingredients in top of double boiler and beat to combine. Place over rapidly boiling water and beat steadily with rotary beater until mixture stands in peaks, about 7 minutes (or with electric beater, for 4 minutes). Remove from heat and take out  $\frac{1}{3}$  of mixture for filling. Flavour remainder with vanilla and use as frosting.

**For the Fruited Filling:** To  $\frac{1}{3}$  of seven-minute frosting add the grated rind of 1 lemon and juice of  $\frac{1}{2}$  lemon; then add 2 tablespoons each chopped walnuts and chopped candied cherries, or 2 tablespoons each raisins, currants and pecans.

MRS. J. N. R. McFADYEN'S PRIZE

## Dark Sour Cream Cake

$\frac{1}{2}$  cup Jewel Shortening (the sensibly-priced superfine shortening)

1 cup granulated sugar

2 eggs, beaten until thick

2 tablespoons cocoa

2 tablespoons hot water

1 teaspoon baking soda

$\frac{1}{2}$  cup chopped walnuts or almonds

$\frac{1}{2}$  cup chopped pitted dates

$2\frac{1}{4}$  cups sifted cake flour

$\frac{1}{2}$  teaspoon salt

1 teaspoon cinnamon

$\frac{1}{3}$  teaspoon mace

$\frac{1}{4}$  teaspoon ginger

1 cup sour cream

Cream Jewel slightly and gradually blend in sugar. Add eggs, combining well. Mix cocoa with hot water, add baking soda and stir until dissolved. Add to Jewel mixture, then stir in nuts and dates. Sift flour with salt and spices (varied to taste) and add alternately with sour cream, combining after each addition. Turn into Jewelled and floured 8-inch square pan and bake in moderate oven,  $350^{\circ}$ , 50 to 60 minutes. When cold, cover with following (or other) icing:

2 tablespoons hot milk

$\frac{1}{2}$  tablespoon Jewel Shortening

$1\frac{1}{2}$  cups (about) sifted icing sugar

Salt

$\frac{1}{2}$  teaspoon flavouring extract

Melt Jewel in milk and gradually blend in sufficient icing sugar to make mixture of spreading consistency. Add salt and flavouring and beat until smooth.



MRS. GEORGE WALLACE'S PRIZE

## Velvet Cake

$\frac{1}{2}$  cup Jewel Shortening (creamy Jewel makes better cakes)

$1\frac{1}{2}$  cups granulated sugar

4 egg yolks, beaten until thick

$1\frac{1}{2}$  cups sifted pastry flour

or 1 cup and 5 tablespoons sifted hard-wheat flour

$\frac{1}{2}$  cup cornstarch

4 teaspoons baking powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  cup cold water

4 eggs whites

$\frac{1}{2}$  teaspoon almond extract

$\frac{1}{3}$  cup blanched and shredded almonds

2 tablespoons fruit sugar

Cream Jewel slightly and gradually blend in granulated sugar. Add egg yolks, combining well. Sift flour with cornstarch, baking powder and salt, and add to Jewel mixture alternately with water, combining after each addition. Beat egg whites until stiff but not dry, and fold in, with the almond extract. Turn into Jewelled and floured 9-inch square pan and sprinkle with almonds and fruit sugar. Bake in moderately hot oven,  $375^{\circ}$ , about 40 minutes.

## Original Date-Paste Cake

### Date Paste:

- 1 egg yolk, slightly beaten
- $\frac{1}{2}$  cup milk
- 1 cup brown sugar
- 1 cup chopped dates
- 1 teaspoon vanilla

Combine all but vanilla and cook and stir to make a paste. When cool, add vanilla. Use in following batter:

- $\frac{1}{2}$  cup quick-creaming Jewel Shortening
- 1 cup brown sugar
- 2 eggs
- 2 cups sifted pastry flour
- or  $1\frac{3}{4}$  cups sifted hard-wheat flour
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons cream of tartar
- $\frac{1}{3}$  cup milk
- Date paste (see above)
- 1 teaspoon vanilla
- $\frac{1}{2}$  teaspoon almond extract
- 1 teaspoon baking soda
- 1 tablespoon hot water

Cream Jewel slightly and gradually blend in sugar; cream very light. Add well-beaten egg yolks, and combine thoroughly. Sift flour, salt and cream of tartar, and add to Jewel mixture alternately with milk, beating after each addition. Add date paste, combining well, and fold in stiffly-beaten egg whites and flavourings. Stir in soda, dissolved in hot water. Turn into Jewelled and floured square pan; bake in moderate oven,  $350^{\circ}$ , 45 to 50 minutes. Cover with Honey Frosting.

### HONEY FROSTING

- $1\frac{1}{2}$  cups granulated sugar
- $\frac{1}{2}$  cup hot water
- $\frac{1}{2}$  cup liquid honey
- 2 egg whites

Boil sugar and water together until syrup will form a long, very heavy thread ( $270^{\circ}$ ). Stir in honey slowly and remove from heat. Beat egg whites stiff; pour in syrup slowly, beating continuously until frosting will hold shape.

**Judges' Note:** If syrup is boiled less (say to more nearly the usual point for a boiled icing) a delicious sauce will result.

MRS. IRENE LA BELLE'S PRIZE

## Crunchy-Crust Cake

2½ cups sifted pastry flour  
or 2 cups and 3 tablespoons sifted hard-wheat flour  
¾ cup granulated sugar  
4 teaspoons baking powder  
½ teaspoon salt  
½ teaspoon cinnamon  
¼ teaspoon grated nutmeg  
¼ cup Jewel, the sensibly-priced, superfine Shortening  
2 eggs, unbeaten  
1 cup sweet milk

Sift together flour, sugar, baking powder, salt and spices. Cut in Jewel Shortening finely. Add eggs and milk; beat smooth. Turn into Jewelled and floured 9 x 12 inch pan. Cover with crumb mixture below, and bake in moderate oven, 350°, 40 to 50 minutes.

**Crumb Mixture:** Combine ¾ cup brown sugar with 4 tablespoons flour, ½ teaspoon cinnamon and ⅛ teaspoon salt. Rub in ¼ cup Jewel Shortening and add ¾ cup chopped nuts.

MRS. E. TAYLOR'S PRIZE

## Apricot Cake

½ cup Jewel Shortening  
1 cup finely-granulated sugar  
2 eggs  
⅓ cup sieved drained cooked apricots  
2 cups sifted pastry flour  
or 1¾ cups sifted hard-wheat flour  
½ teaspoon salt  
3 teaspoons baking powder  
⅔ cup milk  
1 teaspoon almond extract

Cream Jewel slightly and gradually blend in sugar. (Quick-creaming Jewel saves time and effort). Add well-beaten egg yolks, and sieved apricots. Sift salt and baking powder with flour, and add to Jewel mixture alternately with milk; combine after each addition. Fold in stiffly-beaten egg whites



and flavouring. Turn into Jewelled and floured tube pan; bake in moderate oven, 350°, 50 to 60 minutes.

#### APRICOT ICING

1½ tablespoons Jewel Shortening  
4 tablespoons sieved drained cooked apricots  
2⅛ cups (about) sifted icing sugar  
1 teaspoon almond extract  
Browned chopped almonds

Cream Jewel and apricot together well and gradually work in icing sugar until stiff enough to spread. Add flavouring and pinch of salt. Spread over cake and cover with almonds, which have been chopped and browned in the oven.

MISS B. MATTHEW'S PRIZE

### Orange-Almond Gingerbread

¾ cup Jewel Shortening (there's no "shortening"  
taste to Jewel)  
2 cups brown sugar  
3 eggs  
⅝ cup light molasses  
Grated rind 1 orange  
or ¼ cup slivered candied citron  
2½ cups sifted pastry flour  
or 2 cups and 3 tablespoons sifted hard-wheat flour  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
3 teaspoons ground ginger  
1 cup rich sour milk or cream  
1 teaspoon vanilla  
¼ cup chopped blanched almonds (optional)

Cream Jewel slightly and gradually blend in sugar; cream very light. Add well-beaten eggs, molasses, orange rind or citron; combine well. Sift flour with baking powder, soda, salt and ginger; add alternately with liquid, combining after each addition; add vanilla and nuts. Bake in Jewelled and floured 9-inch square pan in moderate oven, 350°, 40 to 50 minutes. May be served hot as dessert, with lemon or marsh-mallow sauce. If desired, halved marshmallows may be arranged over baked cake and browned in oven.

## **Jewel Spice Cake, Mocha Icing**

$\frac{3}{4}$  cup Jewel, the pure, snow-white Shortening  
 $1\frac{1}{2}$  cups granulated sugar  
3 eggs  
2 cups sifted cake flour  
2 tablespoons cocoa  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon cinnamon  
 $\frac{3}{4}$  teaspoon grated nutmeg  
 $\frac{3}{4}$  cup sour milk or buttermilk  
1 teaspoon vanilla  
1 teaspoon lemon extract  
 $\frac{1}{2}$  cup roughly-chopped toasted nutmeats

Cream Jewel slightly and gradually blend in sugar, creaming very light. Add well-beaten eggs, combining thoroughly. Coat nuts with part of measured flour. Sift remaining flour with cocoa, baking powder, soda, salt and spices, and add to Jewel mixture alternately with milk, combining after each addition. Add flavourings and nuts. Turn into Jewelled and floured 8-inch or 9-inch layer pans and bake in moderate oven,  $350^{\circ}$  to  $375^{\circ}$  for 25 to 30 minutes. When cold, fill and cover with Mocha Icing.

Judges' Note: A thin cake-batter.

### **MOCHA ICING**

6 tablespoons Jewel Shortening  
3 cups (about) sifted icing sugar  
1 egg yolk  
 $1\frac{1}{2}$  tablespoons cocoa  
1 teaspoon cinnamon  
 $\frac{1}{4}$  teaspoon salt  
 $1\frac{1}{2}$  tablespoons hot strong coffee

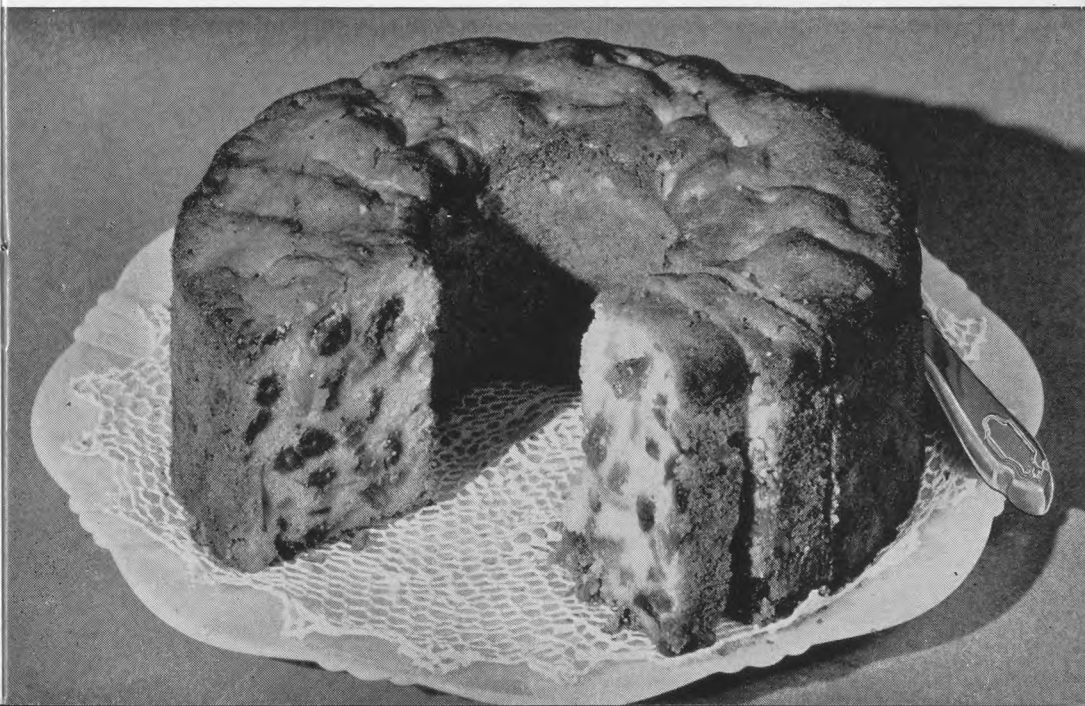
Cream Jewel with about  $\frac{1}{2}$  cup icing sugar. Add egg yolk. Sift remaining icing sugar with cocoa, cinnamon and salt; add to Jewel mixture alternately with coffee. Beat smooth.

MRS. ANNIE WALKER'S PRIZE

## Year-'round Light Fruit Cake

$\frac{3}{4}$  pound candied citron  
 $\frac{1}{3}$  pound candied cherries  
 $\frac{3}{4}$  pound sultana raisins  
 $\frac{1}{2}$  pound Jewel Shortening (Jewel cakes are finer grained)  
 $\frac{3}{4}$  pound ( $1\frac{1}{2}$  cups) fruit sugar  
6 eggs  
Grated rind and juice 1 rather small orange  
4 cups sifted pastry flour  
or  $3\frac{1}{2}$  cups sifted hard-wheat flour  
 $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{2}$  teaspoon salt

Shred citron very finely, cut cherries fine and wash and dry raisins. Dredge with part of measured flour. Cream Jewel slightly and gradually blend in sugar; beat light. Add eggs, one at a time, beating until very light after each addition. Add orange rind and juice. Sift remaining flour with baking powder and salt and beat gradually into Jewel mixture. Stir in the floured fruits. Turn into two loaf pans or tube pan (lined with three layers of heavy greased paper), to  $\frac{2}{3}$  fill. Bake in rather slow oven,  $325^{\circ}$ , about 2 hours. Keeps nicely, closely covered in cool place, for 2 to 3 weeks.



## Dark Fruit Cake

- 2 cups seeded raisins
- 2 cups sultana raisins
- $\frac{3}{4}$  cup currants, washed and dried
- $\frac{1}{2}$  pound mixed candied peel, thinly shaved
- $\frac{1}{2}$  pound candied citron, thinly shaved
- $\frac{1}{4}$  pound blanched almonds (sliced and browned in oven)
- $\frac{1}{2}$  cup snowy-white Jewel Shortening
- $\frac{1}{2}$  cup brown sugar
- 3 eggs
- $\frac{1}{4}$  cup molasses
- 1 cup sifted pastry flour
- or  $\frac{7}{8}$  cup sifted hard-wheat flour
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon ground allspice
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon grated nutmeg
- $\frac{1}{4}$  teaspoon ground mace
- $\frac{1}{2}$  cup thick strawberry preserves
- $\frac{1}{4}$  cup grape or other fruit juice
- $\frac{1}{8}$  teaspoon baking soda
- 2 teaspoons hot water

Sift salt and spices with flour. Combine fruits, peel, citron, almonds, and coat with  $\frac{1}{4}$  of flour mixture. Cream Jewel slightly (notice how **quickly** it creams!); gradually blend in sugar; beat light. Add beaten egg yolks and molasses, and beat again. Fold in stiffly-beaten egg whites. Sift remaining flour mixture 3 times and gradually add to Jewel mixture, incorporating well. Add fruit mixture, preserves, fruit juice and the soda dissolved in hot water. Combine batter thoroughly. Turn into pans lined with three layers of greased heavy paper; bake in slow oven, 300°, about 3 hours.

**Judges' Note:** This cake keeps well for 2 to 3 weeks, if closely covered in a cool place.



# Small Cakes and Cookies

## General Rules for Small Cakes

Level all standard measurements.

Use high-quality ingredients.

Use as little flour as possible when rolling cooky doughs, etc., because extra flour rolled in alters proportions of recipe. A canvas pastry cloth is better than a board because fabric holds a little flour evenly; rolling-pin should be covered with the leg of a child's ribbed white cotton stocking.

Most cooky doughs may be mixed soft, chilled to firmness, and sliced thin for baking as required.

Small cup-cakes are smartest baked in tiny fluted paper cups.

MRS. ALEX. McMULLAN'S PRIZE

## **Peanut Butter Cup-Cakes**

$\frac{1}{2}$  cup of the new, improved Jewel Shortening

$\frac{1}{2}$  cup peanut butter

1 cup granulated sugar

2 eggs

3 cups sifted pastry flour

or  $2\frac{5}{8}$  cups sifted hard-wheat flour

4 teaspoons baking powder

$\frac{1}{2}$  teaspoon salt

1 cup milk

1 teaspoon vanilla

Cream Jewel with peanut butter and gradually blend in sugar; cream very light. Add well-beaten eggs and combine thoroughly. Sift flour with baking powder and salt; add to Jewel mixture alternately with milk, combining after each addition. Add vanilla. Bake in Jewelled and floured muffin or cup-cake pans in moderate oven,  $375^{\circ}$ , 20 to 25 minutes.

**Judges' Note:** At their best baked in small paper cake-cups set in small pans—with chopped peanuts sprinkled on top before baking.

MRS. A. SAWER'S PRIZE

## Pumpkin Cookies

- $\frac{1}{3}$  cup Jewel Shortening (economical Jewel is the one *modern* shortening)
- $1\frac{1}{3}$  cups brown sugar
- 2 eggs, well beaten
- 1 cup sieved cooked or canned pumpkin
- 1 teaspoon vanilla and a few drops lemon extract (optional)
- $2\frac{1}{2}$  cups sifted pastry flour  
or 2 cups and 3 tablespoons sifted hard-wheat flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon ground ginger
- $\frac{1}{4}$  teaspoon ground allspice
- 1 teaspoon ground cinnamon
- 1 teaspoon grated nutmeg
- 1 cup seedless raisins
- 1 cup broken walnuts

Cream Jewel slightly and gradually blend in sugar. Add eggs, combining thoroughly. Add pumpkin, extracts if used, then flour sifted with baking powder, salt and spices. Stir in raisins and nuts. Drop by spoonfuls, 1 inch apart, onto Jewelled pan. Bake in moderately hot oven,  $375^{\circ}$ , about 12 minutes.

MRS. D. MURPHY'S PRIZE

## Peanut Butter Cookies

- $\frac{1}{2}$  cup Jewel Shortening (you'll like Jewel for all your baking)
- $\frac{3}{4}$  cup peanut butter
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{2}$  cup brown sugar
- 1 egg, well beaten
- 1 cup sifted flour
- $\frac{1}{4}$  teaspoon salt

Cream Jewel with peanut butter and blend in sugars. Add egg, then flour sifted with salt. Roll in small balls, place on Jewelled pan and press out with floured tines of fork. Bake in moderate oven,  $350^{\circ}$ , about 15 minutes.

## Filbert Drop Cookies

- 1 cup Jewel Shortening (Jewel creams in an instant)
- 2 cups brown sugar
- 2 eggs, beaten
- 1 teaspoon baking soda
- 5 tablespoons sour milk
- 1 $\frac{1}{4}$  cups sifted pastry flour  
or 1 cup sifted hard-wheat flour
- 1 $\frac{1}{4}$  teaspoons salt
- 1 teaspoon cinnamon
- 2 $\frac{1}{2}$  cups rolled oats
- 1 cup chopped pitted dates
- 1 cup halved filberts

Cream Jewel slightly and gradually blend in sugar. Add eggs, combining well. Add soda to sour milk and stir into Jewel mixture. Mix in the flour, sifted with salt and cinnamon, then add rolled oats, dates and filberts. Drop by spoonfuls, 1 inch apart, onto Jewelled pan and bake in moderately hot oven, 375°, about 10 minutes.

**Judges' Note:** This mixture spreads, making thin open-textured crisp cookies (which should be partially cooled before removing from pan). For other type, add more flour.

MRS. H. W. MITCHELL'S PRIZE

## Fig Squares

- 2 cups dried figs, chopped
  - 1 $\frac{1}{2}$  cups water
  - $\frac{1}{2}$  cup granulated sugar
- Cook figs, water and sugar to a thick paste, then cool.

- 1 $\frac{3}{4}$  cups sifted pastry flour  
or 1 $\frac{1}{2}$  cups sifted hard-wheat flour
- 1 teaspoon baking soda
- $\frac{3}{4}$  teaspoon salt
- 1 $\frac{1}{4}$  cups rolled oats
- 1 cup brown sugar
- 1 cup Jewel Shortening or Jewel with butter (Jewel is economical—purely vegetable)

Sift flour with soda and salt. Add rolled oats and brown sugar, then work in Jewel. Pat half the mixture into a Jewelled pan and cover with fig paste. Cover with remaining oat mixture and bake in moderate oven, 350°, about 50 minutes. Cut in squares when cold.



MRS. E. M. HOBSON'S PRIZE

## Commandos

- $\frac{1}{2}$  cup Jewel Shortening
- $\frac{1}{4}$  cup brown sugar
- 1 egg yolk, beaten
- 1 cup sifted pastry flour
- or  $\frac{7}{8}$  cup sifted hard-wheat flour
- 1 teaspoon baking powder
- $\frac{1}{3}$  teaspoon salt
- Jam or jelly (preferably wild raspberry)
- . . . . .
- 1 egg white
- 4 tablespoons fruit sugar
- Few drops almond extract
- 2 tablespoons ground unblanched almonds

Cream Jewel slightly and gradually blend in brown sugar, then egg yolk. (There's no "shortening" taste to the new Jewel). Mix in flour sifted with baking powder and salt. Combine well. Roll small pieces of dough into balls and place on Jewelled baking sheet. Make deep depression in centre of each with a thimble or finger-tip. Bake in rather slow oven, 325°, 10 minutes. Deepen depressions and fill with jam or jelly. Beat egg white stiff but not dry, and gradually beat in fruit sugar, beating stiff after each addition. Add almond extract and almonds. Drop meringue over jam. Bake at 300°, until meringue browns (about 15 minutes).

## Pineapple Cuties

- 1/2 cup Jewel Shortening (finer because it's purely vegetable)
- 1 cup granulated sugar
- 2 eggs
- 2 cups sifted pastry flour  
or 1 3/4 cups sifted hard-wheat flour
- 2 teaspoons baking powder
- 1/3 teaspoon salt
- 1 teaspoon ground mace
- 1 teaspoon grated nutmeg
- 3/4 cup milk
- 1 teaspoon vanilla
- 1/2 cup broken pecans
- 3 slices drained canned pineapple, diced

Cream Jewel slightly and gradually blend in sugar; cream very light. Add well-beaten eggs and combine thoroughly. Add sifted dry ingredients alternately with milk, combining after each addition. Add vanilla, pecans and pineapple. Bake in small Jewelled and floured muffin pans in moderately hot oven, 375°, 15 to 20 minutes.

## Brazil Bars

- 6 tablespoons Jewel Shortening (Jewel protects the flavour of other ingredients)
- 1/2 cup brown sugar
- 1/4 cup granulated sugar
- 1 egg
- 1 3/4 cups sifted pastry flour  
or 1 1/2 cups sifted hard-wheat flour
- 1/3 teaspoon salt
- 1/2 cup halved or chopped Brazils

Cream Jewel slightly and gradually blend in sugars. Combine with beaten egg yolk. Mix in flour sifted with salt; add Brazils (or other nuts). Fold in stiffly-beaten egg white. Press stiff dough into Jewelled 8-inch square pan; bake in rather slow oven, 325°, about 30 minutes. Cut into bars.



MRS. G. GRAHAM'S PRIZE

## Nut and Date Cookies

- 1½ cups brown sugar
- 1 egg, well beaten
- 1 cup finely-chopped nutmeats
- 2 cups sifted flour
- ½ teaspoon salt
- ½ cup Jewel Shortening (splendid for cooky-making)
- Cream, if required
- ½ teaspoon vanilla
- . . . . .
- ½ pound dates, pitted and chopped
- Juice of 1 orange
- 1 tablespoon butter
- 1 tablespoon honey
- Nutmeat halves

Beat brown sugar gradually into egg. Add chopped nutmeats, and flour sifted with salt. Work in Jewel with fingertips; add vanilla—and cream if needed, to shape in rolls about 1½ inches in diameter. Wrap in waxed paper and chill until firm.

Add orange juice to dates and stir over low heat until thick. Remove from heat and add butter and honey.

Cut dough in thin slices; place on Jewelled pan. Spread with date mixture and centre each cooky with a nutmeat half. Bake in moderately hot oven, 375°, about 10 minutes.

This dough may be used plain; or rounds may be put together in pairs with filling, before or after baking.

MRS. HENRY PIEDT'S PRIZE

## Ice-Box Cookies

- 1½ cups Jewel Shortening (there's no "shortening" taste to the new Jewel)
- 1 cup brown sugar
- 1 cup granulated sugar
- 3 eggs, beaten until thick
- ½ cup each chopped walnuts, peanuts and mixed candied peels
- 5 cups (about) sifted flour
- 1½ teaspoons salt
- 1 teaspoon baking soda
- 1 teaspoon cinnamon

Cream Jewel slightly and gradually blend in sugars. Add eggs, combining well. Add nuts and peels. Sift flour with salt, soda and cinnamon and blend gradually into Jewel mixture, adding a little flour if necessary to make a moderately soft dough. Shape as rolls and wrap in waxed paper. Chill until firm, then slice thinly and bake about 7 to 9 minutes in a hot oven, 425°.

**Variations:**

1. Replace nuts and peels by 1 cup chopped blanched almonds with  $\frac{1}{2}$  cup shredded coconut. Replace cinnamon by 1 teaspoon vanilla.

2. Replace nuts and peels by  $1\frac{1}{2}$  cups chopped walnuts and cinnamon by 1 teaspoon maple flavouring.

3. Replace nuts and peels by  $\frac{1}{2}$  cup each currants, raisins and dates, chopped fine.

4. Replace flavouring by grated rind and juice of 1 orange and add 1 cup raisins instead of nuts and peels; add flour until mixture can be rolled into balls and pressed out with floured fork.

5. Add 1 mashed banana and the grated rind and juice 1 orange to Jewel and sugar before mixing in flour, adding more, as in 4; omit cinnamon. Nuts and peels may be omitted.

MME. E. SARRASIN'S PRIZE

## **Grandmother's Cookies**

$\frac{1}{2}$  cup Jewel Shortening (economical, modern, effective)

$\frac{3}{4}$  cup brown sugar

2 eggs, beaten

$\frac{1}{4}$  cup milk

1 cup and 2 tablespoons sifted pastry flour

or 1 cup sifted hard-wheat flour

1 teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

1 cup finely-chopped quick rolled oats

1 cup broken or chopped nuts

1 cup chopped pitted dates

Cream Jewel and sugar; add eggs and milk; combine well. Sift together and gradually mix in the flour, baking powder, salt. Mix and add rolled oats, nuts and dates. If too soft to hold shape, add a little flour. Drop by spoonfuls on Jewelled pan. Bake in moderate oven, 350°, 12 to 15 minutes.

MRS. NELLIE SHARLEY'S PRIZE

## Fairy Buttons

- 1/2 cup sifted flour
- 7 tablespoons cornstarch
- 1/4 cup fruit sugar
- 1/3 teaspoon salt
- 1/2 cup ground almonds
- 6 tablespoons Jewel Shortening (a delicate fat, for a rich mixture)
- 1 egg, well beaten
- Additional flour, as required

Sift flour with cornstarch, sugar and salt; add almonds. Rub in Jewel with fingertips and mix in well-beaten egg. Turn onto slightly-floured board or canvas and knead in flour until cracks appear on surface of dough. Shape in balls about size of a walnut; roll in additional fruit sugar. Place on greased pan and bake in slow oven, 300° to 325°, about 20 minutes.

MRS. C. C. STEPHENSON'S PRIZE

## Raisin Mocha Cookies

- 1 cup economical Jewel Shortening (there's no need here for an extravagantly-priced shortening)
- 1 cup granulated sugar
- 2 eggs, beaten
- 1 cup molasses
- 1 cup seeded raisins
- 1 cup seedless raisins
- 4 cups sifted pastry flour
- or 3 1/2 cups sifted hard-wheat flour
- 3 teaspoons cinnamon
- 1 1/2 teaspoons ground ginger
- 1 teaspoon ground cloves
- 1 teaspoon salt
- 1/2 cup strong coffee
- 2 teaspoons baking soda

Cream Jewel and sugar; add eggs and molasses; combine thoroughly. Add raisins. Add sifted flour, spice, salt, alternately with combined coffee and soda. Drop by spoonfuls on Jewelled baking sheet. Bake in moderate oven, 350° to 375°, about 15 minutes.

## **Peppy Date Cookies**

- 2 cups rolled oats
- 1 cup sour milk
- 1 cup Jewel Shortening (Jewel gives richness, with economy)
- 1 $\frac{1}{3}$  cups brown sugar
- 2 $\frac{1}{3}$  cups (about) sifted flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- . . . . .
- 1 pound dates, pitted and chopped
- $\frac{1}{2}$  cup finely-cut candied ginger  
or 2 teaspoons ground ginger
- $\frac{1}{4}$  cup seedless raisins
- 1 cup brown sugar
- $\frac{3}{4}$  cup water

Mix rolled oats and milk and let stand over night. Cream Jewel slightly and blend in 1 $\frac{1}{3}$  cups sugar. Add oat mixture, then mix in flour sifted with salt and baking soda. Mix in additional flour if necessary, to make a dough which may be handled on a lightly-floured board or canvas. Chill.

Combine dates, ginger, raisins, sugar and water. Stir over heat until thick. Cool.

Roll portions of dough into long thin strips about 3 inches wide. Arrange a mound of the date mixture down centre of each piece of dough. Fold dough from each side, to enclose filling. Cut in inch lengths. Bake in moderate oven, 350° to 375°, about 12 minutes.







**BUTTERSCOTCH SHORTCAKE**

# Desserts of Many Kinds

Miscellaneous desserts are included in this chapter — a group which shows that in any type of sweet dish in which a delicate, neutral-flavoured white fat is required, Jewel Shortening is an aid to success.

MRS. FRED HINAN'S PRIZE

## Butterscotch Shortcakes

- 3 cups sifted flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- $\frac{2}{3}$  teaspoon salt
- 1 cup Jewel, the snowy-white, purely-vegetable Shortening
- $\frac{2}{3}$  cup (about) milk
- . . . . .
- 1 tablespoon butter
- 1 cup brown sugar
- . . . . .
- Strawberries or other fruit

Sift together flour, granulated sugar, baking powder and salt. Cut in Jewel finely. Mix in gradually sufficient milk to make a soft dough. Roll very thin — the secret of success. Spread with butter and brown sugar, creamed together. Roll up like jelly-roll. Cut in 1-inch slices. Bake, cut-side-down, on Jewelled pan, in moderate oven, 350°, about 25 minutes. Cover while hot with crushed strawberries, or any fresh (sweetened) or canned fruit; serve with cream, plain or whipped.

**Judges' Note:** Kept small in diameter, roll may be sliced and baked as tiny biscuits, to be buttered and served hot. Particularly luscious if maple sugar is substituted for brown sugar — with finely chopped nuts added. Both shortcakes and biscuits should be **soft** when baked, not crusty.

## Cottage Cheese Cake-Dessert

- 1 cup cottage cheese
- $\frac{1}{2}$  cup granulated sugar
- 2 tablespoons Jewel Shortening (Jewel has no "shortening" taste)
- 2 egg yolks, well beaten
- $\frac{1}{2}$  cup sifted pastry flour
- or 7 tablespoons sifted hard-wheat flour
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon grated nutmeg
- $\frac{1}{2}$  cup milk
- 1 teaspoon vanilla
- 4 egg whites
- 4 tablespoons granulated sugar
- Cooky dough (see below)

Put cheese through a sieve. Cream  $\frac{1}{2}$  cup sugar into Jewel, add egg yolks and cottage cheese. Sift flour with salt and nutmeg and add to cheese mixture alternately with milk, combining after each addition. Add vanilla. Beat egg whites until stiff but not dry, and gradually beat in 4 tablespoons sugar; fold into cheese mixture. Turn into 8-inch square pan which has been Jewelled, then lined (bottom and sides) with cooky dough. Bake in rather slow oven,  $325^{\circ}$ , until set (about 50 minutes). When cold, cut in squares and serve as dessert, accompanied by canned or sweetened fresh fruit. (Grated rind and juice of  $\frac{1}{2}$  lemon may replace nutmeg and vanilla).

### COOKY DOUGH

- $\frac{1}{4}$  cup Jewel Shortening (purely vegetable, yet sensibly priced)
- $\frac{1}{2}$  cup granulated sugar
- 1 egg, well beaten
- 1 cup and 2 tablespoons sifted flour
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  teaspoon vanilla

Cream Jewel slightly and gradually blend in sugar. Add egg and combine. Sift flour with baking powder and salt and blend into Jewel mixture. Add vanilla. Mix in a little additional flour if necessary. Chill for rolling.

## Favourite Dessert Cake

- $\frac{1}{3}$  cup Jewel Shortening (Jewel is creamy-textured, always uniform in colour)
- 1 cup granulated sugar
- 1 egg
- 2 cups sifted pastry flour  
or  $1\frac{3}{4}$  cups sifted hard-wheat flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  cup sultana raisins
- $\frac{1}{2}$  cup chopped blanched almonds
- 3 tablespoons preserved ginger (finely cut)
- $\frac{3}{4}$  cup milk
- $\frac{3}{4}$  cup pineapple juice
- $\frac{1}{4}$  cup granulated sugar
- 2 teaspoons lemon juice

Cream Jewel slightly; gradually blend in 1 cup sugar; beat until light. Add unbeaten egg and beat well. Sift flour with baking powder and salt; use part to flour fruit and nuts. Add dry ingredients to Jewel mixture, alternately with milk, combining after each addition. Stir in raisins, nuts and ginger. Turn into 8-inch Jewelled and floured square pan. Bake in moderate oven,  $350^{\circ}$ , 40 to 50 minutes.

Heat pineapple juice and dissolve sugar in it; add lemon juice, and cool. Pour over cooled cake, a little at a time. Top with whipped cream if desired.

## Steamed Chocolate Pudding

- $\frac{1}{3}$  cup Jewel Shortening (so easy to work with!)
- $\frac{3}{4}$  cup granulated sugar
- 1 egg, well beaten
- 2 squares unsweetened chocolate, melted
- 2 cups sifted pastry flour  
or  $1\frac{3}{4}$  cups sifted hard-wheat flour
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- 1 cup cold coffee
- $\frac{1}{4}$  cup milk
- 1 teaspoon vanilla

Cream Jewel slightly and gradually blend in sugar. Add egg and melted chocolate and combine thoroughly. Sift flour with baking soda and salt and add to Jewel mixture alternately with coffee and milk, combining after each addition. Stir in vanilla. Turn into Jewelled mould or individual moulds, to  $\frac{2}{3}$  fill. Cover and steam; allow about 1 to  $1\frac{1}{4}$  hours for individuals,  $2\frac{1}{2}$  hours for large. Serve hot with marshmallow sauce or cream, plain or whipped.

MISS E. ISAAC'S PRIZE

## Chocolate Torte

- $\frac{1}{3}$  cup Jewel Shortening (Jewel creams to feathery lightness)
- $\frac{3}{4}$  cup fruit sugar
- 3 egg yolks (beaten thick)
- 2 squares unsweetened chocolate, melted
- $\frac{1}{4}$  cup sifted dry breadcrumbs
- 3 egg whites
- $\frac{1}{3}$  cup heavy cream

Cream Jewel slightly, gradually blend in sugar and cream until very light. Add egg yolks, melted chocolate and breadcrumbs and combine thoroughly. Beat egg whites, with a few grains salt, until stiff but not dry and fold into Jewel mixture. Reserve about  $\frac{1}{4}$  of this mixture and spread remainder in 2 small pans, which have been lined with greased paper. Bake in slow oven,  $300^{\circ}$ , until set (about 25 minutes). Turn onto cake cooler and remove greased paper. Cool. Whip cream until stiff, fold in lightly the Jewel mixture which was saved out; put between layers; cover top with part of the whipped cream mixture, or with chocolate glaze. Serve at once.

For the glaze:

- 1 square unsweetened chocolate
- $\frac{1}{4}$  cup sifted icing sugar
- $\frac{1}{2}$  tablespoon butter
- $1\frac{1}{2}$  tablespoons boiling water
- $\frac{1}{8}$  teaspoon salt

Cut up chocolate and melt over hot water. Mix in icing sugar, then butter and boiling water. Add salt and cool slightly for spreading.





MRS. G. S. ANDERSON'S PRIZE

## Cherry Bran Pudding

- $\frac{1}{2}$  cup bran
- $\frac{1}{3}$  cup milk
- $\frac{1}{4}$  cup snowy-white Jewel Shortening
- $\frac{1}{2}$  cup granulated sugar
- 1 egg, well beaten
- 1 cup sifted pastry flour
- or  $\frac{7}{8}$  cup sifted hard-wheat flour
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1 cup pitted canned red cherries, drained

Add milk to bran. Combine Jewel, sugar and egg; beat very light. Add bran alternately with fine dry ingredients, sifted together. Stir in cherries. Turn into Jewelled mould to  $\frac{2}{3}$  fill; cover. Steam 1 hour (35 minutes, individual). Serve hot, with the following Cherry Sauce:

- $\frac{2}{3}$  cup granulated sugar
- 2 tablespoons cornstarch
- $\frac{1}{4}$  teaspoon salt
- 2 cups hot canned cherry juice.

Stir cherry juice slowly into combined sugar, cornstarch and salt. Stir and cook until mixture thickens and no raw starch flavour remains. Serve hot.

## Apricot Torte

$\frac{3}{4}$  cup Jewel Shortening (high quality results at low cost)

1 tablespoon granulated sugar

3 egg yolks, beaten (4, if small)

1 teaspoon grated lemon rind

2 cups sifted pastry flour

or  $1\frac{3}{4}$  cups sifted hard-wheat flour

1 teaspoon baking powder

$\frac{1}{2}$  teaspoon salt

Cream Jewel slightly and blend in sugar. Add egg yolks, lemon rind, then the flour sifted with baking powder and salt. Work mixture to a dough with the fingertips. Pat into rather deep ungreased baking dish, lining bottom and sides with dough, about  $\frac{1}{4}$  inch thick. Chill. Bake until delicately browned in moderate oven,  $350^{\circ}$  (about 25 minutes).

For the filling:

1 pound dried apricots

3 cups lukewarm water

$\frac{1}{4}$  to  $\frac{1}{2}$  cup granulated sugar

$\frac{3}{4}$  cup chopped toasted walnuts

1 teaspoon grated lemon rind

$\frac{1}{4}$  cup lemon juice

$\frac{1}{4}$  cup pineapple juice

1 cup drained diced pineapple

$\frac{1}{4}$  teaspoon cinnamon

Wash apricots and soak in water several hours or over night. Cook until tender in water in which they were soaked. Drain and mash. Add remaining ingredients, mixing well. Turn into the baked and cooled torte shell and cover with following meringue:

3 egg whites (4, if small)

Few grains salt

$\frac{2}{3}$  cup granulated sugar

2 tablespoons shaved walnuts

Beat egg whites, with the salt, until stiff but not dry. Beat in the sugar, a little at a time, beating after each addition until mixture stands in peaks. Pile lightly over apricot filling and sprinkle with the finely-cut walnuts. Bake in slow oven,  $300^{\circ}$ , until delicately browned.

**Judges' Note:** Chopped or slivered almonds or thinly-sliced Brazils may replace the walnuts.

MRS. FRED H. WOOD'S PRIZE

## Cherry Pudding

- $\frac{1}{2}$  cup Jewel general-purpose Shortening
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{8}$  teaspoon salt
- 4 eggs, well beaten
- $\frac{1}{2}$  cup fine white breadcrumbs
- 1 cup drained canned pitted red cherries
- $\frac{1}{2}$  cup chopped blanched almonds

Combine Jewel, sugar, salt and eggs; beat very light. Add remaining ingredients, combine well and bake in Jewelled shallow pan in moderate oven,  $350^{\circ}$ , about 30 minutes. Serve with cream, plain or whipped.

MRS. J. G. HOLMES' PRIZE

## Strawberry Roll, Hard Sauce

- 2 tablespoons the new, improved Jewel Shortening
- $\frac{1}{4}$  cup granulated sugar
- 1 egg, beaten
- $2\frac{1}{2}$  cups sifted pastry flour
- or  $2\frac{1}{4}$  cups sifted hard-wheat flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- $\frac{2}{3}$  cup (about) milk

Jewel Shortening

Chopped strawberries, sugared

Combine 2 tablespoons Jewel, sugar and egg; beat very light. Add dry ingredients (sifted together) alternately with sufficient milk to make a soft dough. Roll to rectangle  $\frac{1}{4}$  inch thick. Spread with Jewel, then with a  $\frac{1}{2}$ -inch layer of chopped strawberries. Roll up like jelly-roll, dampen edges and seal well. Brush surfaces with Jewel. Bake on Jewelled pan in moderately hot oven,  $375^{\circ}$ , 40 to 50 minutes. Serve sliced, with Strawberry Hard Sauce.

### STRAWBERRY HARD SAUCE

- $\frac{1}{3}$  cup Jewel Shortening
- 2 cups powdered sugar
- $\frac{1}{2}$  cup crushed strawberries

Gradually beat 1 cup sugar and a pinch of salt into Jewel. Add remaining sugar alternately with strawberries.

**Judges' Note:** Raspberries or blackberries might replace strawberries; or cherries — with dash of almond extract in sauce.

MME. ARTHEUR E. PICHE'S PRIZE

## Crustless Apple Pie

6 apples, peeled and chopped fine

$\frac{1}{2}$  cup granulated sugar

Grated nutmeg

1 tablespoon butter

1 tablespoon cold water

1 cup brown sugar

$\frac{2}{3}$  cup sifted flour

$\frac{1}{2}$  cup snowy-white Jewel Shortening

Arrange apples in deep Jewelled baking dish. Sprinkle with granulated sugar and nutmeg, dot with butter (cut in small pieces) and sprinkle with water. Combine brown sugar and flour; work in Jewel. Cover apples with Jewel mixture, pressing down firmly. Bake in moderately hot oven, 375°, about 30 minutes (until apples are tender and top browned).

**Judges' Note:** Equally good with cream or a chilled custard sauce. Peaches replace apples effectively.

MISS HELENA M. O'REILLY'S PRIZE

## Plum Pudding

$\frac{1}{2}$  cup smooth, even-textured Jewel Shortening

1 cup brown sugar

3 eggs, beaten light

1 cup fine soft breadcrumbs

1 cup washed and dried currants

1 cup seedless raisins

1 large apple, peeled and chopped

$\frac{2}{3}$  cup mixed peels, finely shaved

$1\frac{1}{2}$  cups sifted flour

$\frac{1}{2}$  teaspoon each grated nutmeg, ground cloves and cinnamon

$\frac{2}{3}$  teaspoon salt

$\frac{1}{2}$  cup grape juice

Combine Jewel, sugar and eggs; beat very light. Add mixed crumbs, fruits and peels. Add sifted dry ingredients alternately with grape juice. Fill Jewelled mould  $\frac{3}{4}$  full of mixture, cover and steam, closely covered, over rapidly boiling water for 3 hours. Re-steam for use. Serve hot with sauce. (Hung in dry cool place, will keep about 2 weeks).

**Judges' Note:** Other fruit juice may replace grape juice. Pudding may be cooked in individual moulds for about 1 hour.

# Candies

MRS. P. B. FAULKNER'S PRIZE

## Molasses Candy

- 2 cups brown sugar
- $\frac{1}{2}$  cup water
- $\frac{1}{4}$  cup molasses
- $\frac{1}{4}$  teaspoon salt
- 5 tablespoons Jewel Shortening (low-priced Jewel fills every shortening need)
- 1 teaspoon vanilla

Stir sugar and water over heat to dissolve sugar. Add molasses, salt, Jewel. Boil until hard ball forms when tried in cold water (256°). Add vanilla and pour onto greased pan. As soon as workable, pull with greased fingers until golden. Draw out in ropes and cut in short pieces. Wrap in coloured cellophane, if desired.

**Judges' Note:** Quite a nice taffy without pulling, too.

MRS. W. A. ROSS'S PRIZE

## Jewel Fudge

- 2 cups brown sugar
- $\frac{1}{2}$  cup milk
- 1 tablespoon Jewel Shortening (Jewel is so neutral in flavour!)
- 1 tablespoon peanut butter
- 1 teaspoon vanilla

Stir first four ingredients over heat to dissolve sugar, then boil until soft ball forms when tried in cold water, (238°). Cool partially. Add vanilla; beat until creamy. Turn into greased pan and cut in squares.

**Judges' Note:** Whole peanuts may be added with the vanilla, if desired.





## Snowballs

- 1 small potato
- $\frac{1}{4}$  teaspoon salt
- 1 teaspoon vanilla
- $4\frac{1}{2}$  cups (about) sifted icing sugar
- . . . . .
- $\frac{1}{2}$  cup granulated sugar
- $\frac{1}{4}$  cup cocoa
- $\frac{1}{8}$  teaspoon salt
- 3 tablespoons milk
- 2 tablespoons Jewel Shortening (Jewel protects the  
flavour of other ingredients)
- $\frac{1}{2}$  teaspoon vanilla
- Chopped nutmeats or coconut

Peel potato and boil until tender. Drain and mash. Add  $\frac{1}{4}$  teaspoon salt and 1 teaspoon vanilla. Gradually mix in sufficient icing sugar to make a mixture thick enough to be rolled in balls. Shape in balls about the size of a small walnut.

For fudge coating, combine granulated sugar, cocoa,  $\frac{1}{8}$  teaspoon salt and milk. Stir over heat until sugar has dissolved. Add Jewel and  $\frac{1}{2}$  teaspoon vanilla; bring to boil and boil for 1 minute. (The mixture should form a very soft ball when a few drops are tested in cold water—temperature of syrup  $215^{\circ}$ .) Remove from heat and beat until thick enough for coating. Dip the fondant balls in chocolate mixture, then roll in chopped nutmeats or coconut.

# Quick Breads

## General Rules for Quick Breads

Level all standard measurements.

Use high-quality ingredients.

Follow exactly method as given in an approved recipe.

There are three usual types:

(1) The biscuit-dough: cut Jewel finely into dry ingredients and add liquid carefully, to use just the right amount.

(2) The muffin mixture: stir all liquids together, into all well-mixed dry materials, combining with fewest possible strokes.

(3) The cake-type mixture: see rules on P. 17.

Pay special attention to the very different temperatures required by these widely-different types of mixture.

MME. W. GOGNORE'S PRIZE

## Honey-Bran Muffins

1 egg, well beaten

$\frac{1}{2}$  cup honey (or corn syrup)

$1\frac{1}{2}$  cups thick sour cream

$2\frac{1}{2}$  cups bran

1 cup and 2 tablespoons sifted pastry flour

or 1 cup sifted hard-wheat flour

2 teaspoons baking powder

$\frac{1}{2}$  teaspoon baking soda

$\frac{1}{2}$  teaspoon salt

$\frac{3}{4}$  cup seedless raisins

$\frac{1}{4}$  cup melted Jewel Shortening (the new Jewel is purely vegetable)

Mix honey and cream with egg. Add bran. Sift and gradually mix in flour, baking powder, soda and salt. Add raisins and melted Jewel. Combine well. Bake in Jewelled muffin pans in moderately hot oven,  $375^{\circ}$ , 15 to 20 minutes.

MRS. F. MEASCHAM'S PRIZE

## White Gingerbreads

4 cups sifted pastry flour  
or  $3\frac{1}{2}$  cups sifted hard-wheat flour  
 $3\frac{1}{2}$  teaspoons ground ginger  
1 small nutmeg, grated (4 teaspoons)  
 $\frac{1}{2}$  teaspoon baking soda  
 $1\frac{1}{4}$  teaspoons salt  
1 cup granulated sugar  
1 cup Jewel Shortening (Jewel is tasteless — purely vegetable)  
Grated rind 1 lemon  
1 cup (about) milk

Sift flour with ginger, nutmeg, baking soda, salt and sugar. Cut in Jewel finely, add lemon rind, then lightly mix in sufficient milk to make a soft dough. Roll to  $\frac{1}{2}$ -inch thickness and shape with a small floured cutter. Bake in moderately hot oven,  $375^{\circ}$ , about 15 minutes. Serve hot or cold, with butter.

MRS. G. M. WALKER'S PRIZE

## Mix-Quik

(For Quickly-Made Biscuits, Etc.)

8 cups sifted flour  
2 teaspoons salt  
8 teaspoons cream of tartar  
4 teaspoons baking soda  
4 teaspoons granulated sugar  
 $\frac{1}{2}$  pound Jewel Shortening (flavourless Jewel keeps well)

Sift flour with salt, cream of tartar, soda and sugar. Cut in Jewel until the mixture resembles coarse meal. Store, closely covered, in cool place. Two cups of mixture may be treated in one of following ways:

**Plain Biscuits:** Mix with sufficient milk to make dough; pat or roll to  $\frac{3}{4}$ -inch thickness; shape with floured cutter. Bake in hot oven,  $450^{\circ}$ .

**Orange Biscuits:** Mix as plain biscuits, and cut in rounds. Into the centre of each, press cube of sugar which has been dipped in orange juice (with a little grated orange rind in it).

**Tea Biscuits:** Mix as plain biscuits, but add a little extra sugar and some washed and dried currants.

**Curly Peters:** Mix with sufficient milk to make soft dough and roll to  $\frac{1}{4}$ -inch thickness. Spread with soft butter, cover with brown sugar, sprinkle with cinnamon and mixed dried fruits; roll up like jelly-roll and cut in inch slices. Place close together on Jewelled pan and bake in hot oven at  $425^{\circ}$ .

**Scones:** Mix with sufficient milk to make soft dough. Roll  $\frac{1}{2}$  inch thick and cut in 6-inch rounds. Cut each round into quarters and cook slowly on lightly-Jewelled griddle on top of stove.

**Rocks:** Mix with sufficient milk to make soft dough, adding a little sugar, grated nutmeg and raisins. Pinch off pieces the size of a large walnut. Bake in moderately hot oven,  $375^{\circ}$ .

**Griddle Cakes:** Beat 2 eggs and add  $1\frac{1}{2}$  cups milk. Stir into Mix-Quik to make a pour batter. (A little additional milk may be required). Bake on hot griddle.

**Apple Dumplings:** Mix in sufficient milk to make soft dough. Roll to  $\frac{1}{4}$ -inch thickness and cut in squares. Pare, quarter and core apples, and place one quarter on each square of dough. Sprinkle with 1 teaspoon brown sugar and pinch of cinnamon and fold dough to enclose. Place in pan which has been prepared by greasing, then pouring in 1 cup brown sugar mixed with 1 teaspoon cinnamon, 2 tablespoons flour and 2 cups cold water. Bake in moderate oven until apples are soft, basting frequently; serve hot, with sweetened cream.

**Meat-Pie Crust:** Prepare as plain biscuit dough, roll to  $\frac{1}{4}$ -inch thickness and place over meat and gravy in Jewelled baking dish. Cut gashes in crust and insert funnels of heavy paper to allow escape of steam. Bake at  $425^{\circ}$ .

**Pot-Pie:** Mix to drop consistency with water, milk or tomato juice; drop over surface of boiling chicken or stew, after meat has been cooked until very tender. Boil rapidly 15 minutes without raising cover.

**Shortcake:** Cut in a little extra Jewel. Beat 1 egg and add  $\frac{1}{2}$  cup milk; add to Mix-Quik with additional milk, if necessary, to make soft dough. Pat or roll to  $\frac{1}{8}$ -inch thickness, shape with floured cutter about 3 inches across and put biscuits together with soft butter between. Bake at  $425^{\circ}$  to  $450^{\circ}$ . Split while hot, butter and fill and cover with sweetened fresh or canned fruit. May be accompanied by cream, plain or whipped. One large shortcake may be made instead of individuals if preferred.



## Date Scones

- 5 cups sifted pastry flour
- or  $4\frac{3}{8}$  cups sifted hard-wheat flour
- 1 cup granulated sugar
- 1 teaspoon baking soda
- 2 teaspoons cream of tartar
- 1 teaspoon salt
- 1 teaspoon grated nutmeg
- 1 cup Jewel Shortening (Jewel saves time and energy)
- $1\frac{1}{2}$  cups chopped pitted dates
- 2 eggs, beaten
- 1 cup (about) milk

Sift dry ingredients together. Cut in Jewel finely. Add dates and mix to a soft dough with egg combined with most of milk; use more milk as required. Knead slightly, pat to  $\frac{3}{4}$ -inch thickness and cut in squares or triangles. Place on Jewelled pan. Brush top, if desired, with beaten egg. Bake in moderately hot oven,  $375^{\circ}$ , 15 to 20 minutes.

**Judges' Note:** Halve recipe if desired—or split, toast and butter left-over scones.

## Rich Sour Cream Scones

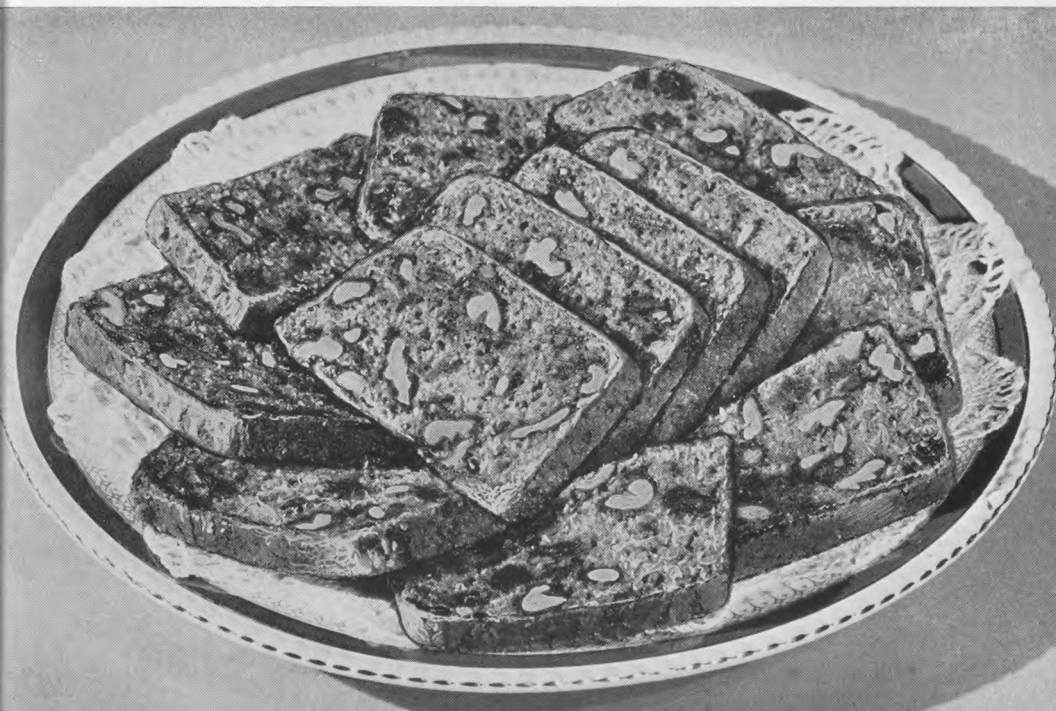
- 2 cups sifted pastry flour
- or  $1\frac{3}{4}$  cups sifted hard-wheat flour
- $\frac{1}{4}$  cup granulated sugar
- 2 teaspoons baking powder
- $\frac{1}{3}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{3}$  cup Jewel Shortening (there's no hint of "shortening" taste)
- $\frac{1}{4}$  cup seedless raisins or currants
- 1 egg yolk, beaten
- $\frac{2}{3}$  cup (about) sour cream or milk

Sift together flour, sugar, baking powder, soda, salt. Cut in Jewel finely; add fruit. Combine egg yolk and cream; mix lightly into Jewel mixture to form soft dough. Pat to  $\frac{3}{4}$ -inch thickness on floured board; shape as desired. Brush with slightly-beaten egg white. Bake in hot oven,  $400^{\circ}$ , 15 to 20 minutes.

## Date Bread

- 1 cup finely-chopped dates
- 1 teaspoon baking soda
- 1 cup boiling water
- 1 tablespoon Jewel Shortening (snowy white, purely vegetable)
- $\frac{1}{2}$  cup brown sugar
- 1 egg, unbeaten
- $1\frac{1}{4}$  cups sifted pastry flour
- or 1 cup and 2 tablespoons sifted hard-wheat flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- $\frac{1}{2}$  cup bran
- 1 tablespoon grated orange rind
- $\frac{1}{2}$  cup chopped nutmeats

Sprinkle soda over dates in bowl and pour in boiling water. Add Jewel and cool. Add brown sugar and egg and beat well. Sift flour with salt and baking powder, and mix in bran. Add to date mixture. Add orange rind and nuts and combine thoroughly. Turn into loaf pan which has been Jewelled and lightly floured. Bake in rather slow oven, 325°, about 50 minutes.



## Graham Date Bread

- 1 cup chopped pitted dates
- $\frac{2}{3}$  cup brown sugar
- 1 cup milk
- 2 cups Graham flour (unsifted)
- 4 teaspoons baking powder
- $\frac{2}{3}$  teaspoon salt
- 2 tablespoons melted Jewel, the snowy-white, purely-vegetable Shortening

Pour milk over combined dates and sugar; let stand 10 minutes. Mix baking powder and salt with flour and add to date mixture. Add melted Jewel; combine thoroughly. Let stand 30 minutes in Jewelled loaf pan. Bake in moderately hot oven, 375°, 45 to 50 minutes.

## Orange Honey Bread

- Rinds of 2 medium-sized fresh oranges
- $\frac{1}{8}$  teaspoon baking soda
- Water
- 1 cup honey
- $\frac{1}{4}$  cup of the new improved Jewel Shortening (there's no need to use extravagantly-priced shortenings)
- 3 cups sifted pastry flour
- or  $2\frac{5}{8}$  cups sifted hard-wheat flour
- 4 teaspoons baking powder
- $\frac{2}{3}$  teaspoon salt
- $\frac{1}{2}$  cup broken nutmeats
- 1 egg, well beaten
- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  teaspoon soda dissolved in 1 tablespoon hot water

Put orange rinds through food chopper, add  $\frac{1}{8}$  teaspoon soda and boiling water to cover; simmer 30 minutes; then drain and discard liquid. Add  $\frac{1}{4}$  cup water and honey and cook until liquid is reduced about one-third; add Jewel and stir until melted. Cool. Sift flour with baking powder and salt and add nuts. Combine egg, milk and orange mixture, add dissolved soda, and stir into dry ingredients, combining thoroughly. Turn into Jewelled loaf pan and let stand in warm place 20 minutes. Bake in moderate oven, 350°, about  $1\frac{1}{4}$  hours. Cut following day; keeps well.

## French Coffee Cake

3 cups sifted pastry flour  
or  $2\frac{5}{8}$  cups sifted hard-wheat flour  
 $\frac{1}{2}$  cup granulated sugar  
6 teaspoons baking powder  
1 teaspoon salt  
 $\frac{1}{2}$  cup Jewel Shortening (Jewel saves you time and money!)  
Grated rind of 1 orange  
 $\frac{1}{2}$  cup orange juice  
1 egg and 1 egg yolk (well beaten)  
 $\frac{1}{2}$  cup scalded milk  
.  
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.  
.  
.  
1 egg white  
1 cup orange marmalade

Sift sugar, baking powder, salt, with flour. Cut in Jewel finely. Combine orange rind and juice and add to egg; add milk. Stir into dry mixture and combine well. Turn into Jewelled and floured shallow pans, to scant inch depth. Beat egg white until stiff but not dry and beat in marmalade. Spread over batter. Bake in hot oven,  $450^{\circ}$ , 25 to 30 minutes.

**Judges' Note:** Especially good served hot. Broken or chopped nutmeats added to meringue, a good touch.

MRS. W. J. REID'S PRIZE

## Scotch Oat Cakes

1 cup and 2 tablespoons sifted pastry flour  
or 1 cup sifted hard-wheat flour  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
2 cups granulated oatmeal (or chopped rolled oats)  
 $\frac{1}{2}$  cup snowy-white Jewel Shortening  
 $\frac{1}{2}$  cup (about) water

Sift flour with soda and salt; add oatmeal and cut in Jewel finely. Mix to stiff dough with water. Roll thin. Cut in squares. Brown delicately on both sides on greaseless griddle.

## Luncheon Fig Muffins

- 1 cup cooking figs
- 4 tablespoons Jewel Shortening (Jewel saves money, time and energy)
- $\frac{1}{4}$  cup granulated sugar
- 1 egg, beaten
- $\frac{1}{2}$  cup molasses
- $\frac{1}{2}$  cup water
- 2 cups sifted pastry flour  
or  $1\frac{3}{4}$  cups sifted hard-wheat flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon cinnamon
- $\frac{3}{4}$  cup soft breadcrumbs

Boil figs in water to cover until tender. Drain and chop. Cream Jewel slightly and blend in sugar. Add egg and combine thoroughly. Combine molasses and water; add to Jewel mixture alternately with mixed and sifted flour, baking powder, soda, salt and cinnamon, combining after each addition. Stir in crumbs mixed with figs. Turn into Jewelled muffin pans to  $\frac{2}{3}$  fill. Bake in moderately hot oven,  $375^{\circ}$ , 20 to 25 minutes.

MME. JEANNE PLAMONDON'S PRIZE

## Tea Muffins

- $\frac{1}{2}$  cup smooth, even-textured Jewel Shortening
- $1\frac{1}{2}$  cups granulated sugar
- 3 eggs, well beaten
- 3 cups sifted pastry flour  
or  $2\frac{5}{8}$  cups sifted hard-wheat flour
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon ground cloves
- 1 teaspoon salt
- $\frac{3}{4}$  cup strong cold tea
- 1 cup seedless raisins (lightly floured)

Combine Jewel, sugar, eggs; beat very light. Add sifted dry ingredients alternately with tea. Stir in raisins. Bake in Jewelled and floured muffin pans in moderate oven,  $350^{\circ}$ , 20 to 25 minutes.



# Yeast Breads

## General Rules for Yeast Breads

Be sure that compressed yeast (the soft kind) is fresh; dry yeast (which is hard) will keep a long time. Store yeast in cool, dry place.

Use bread (hard-wheat) flour for yeast doughs.

Keep temperature of dough as nearly as possible "lukewarm" from first mixing to oven-time, unless otherwise directed.

If using milk, scald, then cool to lukewarm.

Don't over-knead a mixture that requires little working.

Brush top of dough with Jewel when setting to rise, to prevent formation of a crust.

MRS. KATHRYN MacDONALD'S PRIZE

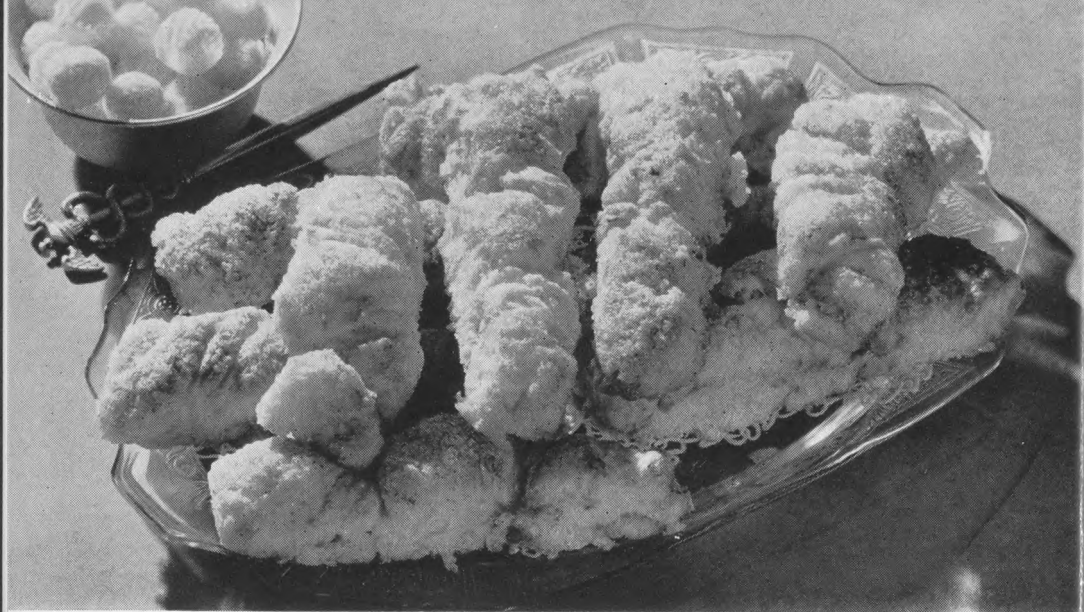
## **Honey Coffee-Bread**

1 cake compressed yeast  
¼ cup lukewarm water  
1 cup milk, scalded and cooled to lukewarm  
¼ cup Jewel, the modern Shortening  
Grated rind of 1 lemon  
¼ cup granulated sugar  
1 teaspoon salt  
4 cups (about) sifted bread flour  
. . . . .

Honey

Chopped or broken nutmeats

Soften yeast in lukewarm water and dissolve in milk. Add Jewel, lemon rind, sugar and salt. Sift and mix in flour to make soft dough; knead. Cover in Jewelled bowl; let rise until doubled in bulk. Roll into thin oblong, spread with honey and nuts and roll up like jelly roll. Brush with melted Jewel. Let rise until doubled in bulk in covered Jewelled loaf pan; bake in moderately hot oven, 375°, about 45 minutes. Serve with butter.



MRS. ANN ADELE FROH'S PRIZE

## Ice Küpfels

- 1 cup Jewel Shortening (so suitable for delicate mixtures)
- 4 eggs, beaten until thick (may be reduced to 2 or 3)
- 1 cake compressed yeast, crumbled
- 1 cup sweet cream (or evaporated milk, undiluted)
- $\frac{1}{2}$  teaspoon salt
- 5 cups sifted bread flour
- 1 cup granulated sugar
- 2 teaspoons cinnamon

Cream Jewel and add eggs; combine thoroughly. Dissolve yeast in cream and add to Jewel mixture; add salt; combine very thoroughly. Add about 5 cups flour (sufficient to make a dough stiff enough to knead). Turn onto slightly-floured board or canvas, and knead lightly until smooth. Place in a bowl, cover, and set in cold place for 3 to 4 hours. Sprinkle half of sugar over baking canvas or board and turned-out dough. Roll out and fold from top to bottom and from left to right. Roll out again and fold. Repeat 2 or 3 more times. Roll to 1-inch thickness and cut in strips 1 x 3 inches. Twist, then roll in remaining sugar mixed with cinnamon. Place on Jewelled pan, let rise in warm place  $\frac{1}{2}$  hour, and bake in moderate oven, 350°, about 30 minutes.

## Cinnamon Rolls

- 1 cake compressed yeast
- $\frac{1}{2}$  cup and 1 tablespoon brown sugar
- $\frac{1}{2}$  cup milk, scalded and cooled to lukewarm
- 2 cups (about) sifted bread flour
- 2 tablespoons Jewel purely-vegetable Shortening
- $\frac{1}{2}$  teaspoon salt
- 2 teaspoons cinnamon
- 1 egg, well beaten

Dissolve yeast and 1 tablespoon sugar in milk. Beat in  $\frac{3}{4}$  cup flour to make sponge. Beat well. Cover and let rise until light. Add Jewel,  $\frac{1}{2}$  cup sugar, salt and cinnamon (creamed together), egg, and flour to make soft dough, (about  $1\frac{1}{4}$  cups). Knead lightly. Cover in Jewelled bowl and let rise until doubled in bulk. Mould in balls slightly larger than walnuts. Brush with melted Jewel. Let rise, covered, on Jewelled pan, until doubled in bulk. Glaze, if desired. Bake in hot oven,  $400^{\circ}$ , about 15 minutes.

**Judges' Note:** A good foundation for Hot Cross Buns; raisins, currants, peels, nuts, more spice, might be added.

## Tomato Rolls

- 1 cake compressed yeast
- 1 cup and 2 tablespoons lukewarm tomato juice
- 2 tablespoons and 1 teaspoon granulated sugar
- $1\frac{1}{4}$  teaspoons salt
- 2 tablespoons Jewel, the superfine Shortening
- $3\frac{1}{2}$  to 4 cups sifted bread flour

Soften yeast in 2 tablespoons lukewarm tomato juice with 1 teaspoon sugar. Dissolve in cup of tomato juice, with 2 tablespoons sugar, salt and Jewel. Mix in flour to make soft dough; knead slightly. Cover in Jewelled bowl and let rise until doubled in bulk. Shape as rolls, brush with melted Jewel, and let rise, covered, on Jewelled pan, until doubled in bulk. Bake in hot oven,  $425^{\circ}$ , about 20 minutes.

**Judges' Note:** Good with salads, cold suppers, etc.

## Easter Bread

- 1 cake compressed yeast
- 3 cups lukewarm potato water
- 1 teaspoon granulated sugar
- 1 tablespoon salt
- 3 cups (about) sifted bread flour
- 1 cup milk
- $\frac{1}{2}$  cup even-textured Jewel Shortening
- $1\frac{1}{2}$  cups granulated sugar
- Few drops oil of lemon or lemon extract
- 6 eggs (separated)
- $10\frac{1}{2}$  cups (about) sifted bread flour

Soften yeast in lukewarm potato water. Add 1 teaspoon sugar and the salt, then mix in sufficient flour (about 3 cupfuls) to make a moderately thick batter. Beat thoroughly, then cover and let stand over night in warm place. Scald milk with Jewel and  $1\frac{1}{2}$  cups sugar, then set aside until lukewarm. Add to yeast mixture with a few drops of lemon extract. Beat in sufficient flour to make a thick batter (about  $4\frac{1}{2}$  cups). Beat egg yolks until very thick, add to yeast mixture and beat thoroughly (about 10 minutes). Beat egg whites until stiff but not dry and fold into batter. Cover and let rise until doubled in bulk (about 2 hours). Mix in sufficient flour to make a soft dough (about 6 cupfuls). Knead until smooth. Cover and let rise until doubled in bulk. Knead down and shape into loaves large enough to half fill bread pans. Let rise, covered, in the Jewelled pans, until doubled in bulk. Place in hot oven,  $400^{\circ}$ ; after 10 minutes, lower to  $375^{\circ}$  and bake until loaves sound hollow when tapped on under side.

This bread is delicious sliced and buttered, either hot or cold. If desired, it may be covered with a plain icing. Or serve with butter and the following:

### CHEESE MIXTURE

- 1 cup cottage cheese
- $\frac{1}{4}$  cup heavy cream, whipped
- $\frac{1}{8}$  cup granulated sugar
- $\frac{1}{4}$  teaspoon vanilla
- Few grains salt

Break up cottage cheese with fork and fold into cream with sugar, vanilla and salt.

# Savoury Dishes

## General Rules for Savoury Dishes

For all savoury cooking, neutral-flavoured Jewel is admirable. Use it for basting roasts throughout cooking period to have meats juicy, flavourful and richly brown-surfaced. Use it for shallow and deep frying; as the needed fat in made-up dishes; for sauces.

The fact that the temperature of the purely-vegetable Jewel may be raised exceptionally high without altering composition or reducing wholesomeness, is of great importance.

MRS. ARTHUR LETHIECQ'S PRIZE

## **Jewel Chicken Pie**

1 stewing fowl

1 carrot

1 stalk celery

1 onion

Parsley

Salt, pepper

$\frac{1}{2}$  pound mushrooms (optional)

2 tablespoons snowy-white Jewel Shortening

4 tablespoons flour

Rich Jewel pie-paste No. 2, P. 4 (or No. 3 or 4)

Clean and prepare fowl. Cover with boiling water, add carrot, celery, onion and parsley. Cover and simmer until tender, seasoning when half done. Allow 30 minutes per pound. Drain and cut in pieces for serving (removing bones, if desired); put in Jewelled baking dish with the mushrooms, browned in Jewel; (dish may be lined with paste). Boil stock down to 3 cups, strain and skim; thicken with flour, smoothed to pouring consistency with cold water. Pour over chicken. Cover with Jewel paste, gashed for escape of steam; support centre. Bake in hot oven, 450°, until crust is cooked (about 40 minutes). Note: Rich biscuit crust may be used.





MRS. AIME POIRIER'S PRIZE

## **Fish Pie, Cheese-Roll Crust**

Fish mixture:

- 3 tablespoons Jewel Shortening (Jewel is purely vegetable, fine for frying)
- $\frac{1}{2}$  cup sliced green pepper (optional)
- 2 thin slices onion, chopped
- 6 tablespoons flour
- $\frac{1}{2}$  to 1 teaspoon salt
- 3 cups milk (heated)
- 1 one-pound can fish
- 1 tablespoon lemon juice

. . . . .  
Biscuit topping:

- $1\frac{1}{2}$  cups sifted flour
- 3 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- Few grains cayenne
- 3 tablespoons Jewel Shortening (excellent for all biscuit doughs)
- $\frac{1}{2}$  cup (about) milk
- $\frac{3}{4}$  cup grated nippy cheese
- 2 pimientos, chopped

For fish mixture: Melt Jewel; add green pepper and onion and cook until tender but not browned. Blend in flour and salt, then slowly stir in hot milk. Stir and cook until mixture has thickened smoothly and no raw flavour of flour remains. Add fish (which has been flaked) and lemon juice; season further if necessary. Turn into Jewelled baking dish, to no more than  $\frac{2}{3}$  fill.

For biscuit topping: Sift flour with baking powder, salt and cayenne. Cut in Jewel finely, then gradually mix in just sufficient milk to make a soft dough. Roll  $\frac{1}{6}$  inch thick. Spread with cheese and pimienta and roll up like jelly-roll. Cut in eight slices; place cut-side-down on fish mixture. Bake in hot oven,  $450^{\circ}$ , until biscuits are baked on bottom (about 50 minutes). Cover top with heavy paper to prevent too-deep browning.

MRS. H. CUSSON'S PRIZE

## Chili Con Carne

3 tablespoons Jewel Shortening (Jewel is economical and efficient)

1 large Spanish onion, chopped fine

1 clove garlic, cut fine (optional)

1 small green pepper, chopped fine

2 stalks celery, chopped fine

$1\frac{1}{2}$  pounds minced steak

1 tin ( $2\frac{1}{2}$  cups) red kidney beans

$1\frac{1}{2}$  teaspoons salt

$1\frac{3}{4}$  cups condensed tomato soup

1 tablespoon chili powder (more if desired)

Hot cooked rice

1 tablespoon Jewel Shortening

$\frac{1}{3}$  cup chopped blanched almonds

Add onion, garlic, green pepper and celery to 3 tablespoons Jewel in frying pan. Cook over low heat until onion is tender but not brown. Add steak, mixing in well, and cook about 10 minutes. Add kidney beans, salt, tomato soup and chili powder. Cook over low heat, closely covered, until suitably thickened. Arrange rice as border on heated platter, and fill with chili mixture. Sprinkle rice with almonds, browned in the 1 tablespoon Jewel. Serve at once.

Alternate strips of green pepper and pimienta may be arranged across rice, and sliced gherkins may border the chili.

Chopped cooked meat may replace minced steak.

## Swiss Steak

- 2 pounds round steak, cut thick
- 1 tablespoon salt
- Few grains pepper
- 1 cup flour
- 6 small onions, sliced
- $\frac{1}{4}$  cup the new, superfine Jewel Shortening
- 1 bay leaf
- 1 clove garlic
- Water
- 1 cup raw rice
- 1 pint tomato juice
- 1 pint cooked string beans, heated

Mix salt, pepper, flour, and pound into steak with edge of heavy plate. Brown onion lightly in Jewel; remove, and brown meat richly in pan. Place in roasting pan, add onions, bay leaf, garlic and water to cover. Bake, covered, in rather slow oven, 325°, 2 hours. Add rice and tomato juice, season, cover and bake until tender (about 1 hour). Serve on hot platter with string bean garnish.

## Carrots, French Style

- $\frac{1}{4}$  cup Jewel Shortening (there's no hint of "shortening" taste)
- $\frac{3}{4}$  cup thinly-sliced onions
- 2 tablespoons flour
- 3 cups thinly-sliced raw carrots
- $1\frac{1}{4}$  cups water
- $1\frac{1}{2}$  teaspoons salt
- 1 teaspoon sugar
- $\frac{1}{8}$  teaspoon pepper

Cook onion in Jewel until golden; drain from fat. Brown flour in fat in pan. Add onion, carrots, water, salt, sugar, pepper. Cover closely; simmer 30 minutes or until carrots are tender.

**Judges' Note:** A method of cooking that will win new favour for carrots.

## Potato Pasties

- 1/2 pound (about 1 1/3 cups) mashed potatoes
- Seasonings as required
- 1 3/4 cups sifted pastry flour
- or 1 1/2 cups sifted hard-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup Jewel Shortening (the superfine shortening at a sensible price)
- Cold water
- Chopped cooked meat, seasoned and moistened with chili sauce or catsup

Season mashed potatoes well. Sift flour with baking powder and salt. Work in Jewel, then add potatoes. Mix with sufficient cold water to make a stiff dough. Roll 1/4-inch thick and cut in large ovals or rounds. Place a spoonful of meat mixture on one half of each oval and fold over paste (edges moistened) to enclose. Prick. Bake in hot oven, 425°, until delicately browned. Serve hot.

Minced ham, corned beef, etc., particularly delicious in these pasties.

## Jewel Tea Dainties

- 1 1/2 cups sifted flour
- 1/2 teaspoon salt
- 1/2 cup Jewel Shortening (purely-vegetable, Jewel is easily digested)
- 1 small package nippy yellow cream cheese
- Ice water

.....  
Mild anchovy paste, chopped sautéed mushrooms, raspberry jelly or mincemeat

Sift flour with salt and cut in Jewel finely. Cut in the cream cheese and lightly mix in just enough ice water to make a stiff dough. Roll 1/8 to 1/6 inch thick. Shape with small floured cutter. Put shapes together in pairs with filling of anchovy paste, well-seasoned sautéed mushrooms, raspberry jelly or mincemeat. Place on ungreased pan and chill 10 minutes. Bake in hot oven, 450°, about 12 to 15 minutes. Serve hot. (The raspberry-filled dainties may be served cold).

## Ham Rolls

- 1 tablespoon Jewel Shortening
- 2 tablespoons flour
- 1 cup scalded milk
- Salt, pepper
- 2 tablespoons Jewel Shortening (you'll like Jewel, for both savoury and sweet cookery)
- 1 cup sliced mushrooms
- 1 green pepper, chopped
- 1 cup soft breadcrumbs
- 8 slices cooked ham

Melt 1 tablespoon Jewel; draw from heat; blend in flour. Stir in scalded milk. Stir and cook until thick. Season. Brown mushrooms and pepper in 2 tablespoons Jewel. Mix with crumbs and enough sauce to moisten; season as needed. Roll spoonfuls of mixture in ham slices; skewer with toothpicks. Brown in a little hot Jewel, place in baking dish and add remaining sauce. Make very hot in moderate oven, 350°.

**Judges' Note:** Smart for a bridge supper, if each ham roll is encased in thinly-rolled Jewel paste (Nos. 2, 3 or 4, P. 4, 5) and baked in hot oven.

## Jewel Economy Casserole

- $\frac{3}{4}$  pound round steak, diced
- $\frac{3}{4}$  pound lean pork, diced (cheap cut)
- 4 tablespoons Jewel purely-vegetable Shortening
- Salt, pepper
- Breadcrumbs or crumbled crisp cereal
- Partly-cooked macaroni (seasoned)
- 1 can (No. 2) tomatoes, and water to make 4 cups
- 1 onion, finely chopped
- Grated cheese and crumbs for topping

Brown meat in Jewel. Season. Put layer of crumbs in Jewelled baking dish; add meat, then macaroni. (Fill dish  $\frac{3}{4}$  full). Add onion to tomatoes and water, season, pour into dish, cover and bake 45 minutes in rather slow oven, 325° (adding water if required). Cover with grated cheese and crumbs and brown, uncovered.



## Fillet of Sole with Mushrooms

1 pound fillet of sole  
Boiling water (about 1 cup)  
1 peeled onion  
1 split carrot  
Laurel or bay leaf, parsley  
3 slices lemon  
Salt, pepper

$\frac{1}{4}$  pound (or more) sliced mushrooms, sautéed in  
Jewel Shortening (Jewel is ideal for frying)  
2 tablespoons Jewel Shortening  
3 tablespoons flour  
2 cups strained fish bouillon (ingredients above)  
 $\frac{1}{2}$  cup sour cream or undiluted evaporated milk  
Grated Parmesan or nippy Canadian cheese

Simmer onion, carrot, laurel or bay leaf, parsley, lemon and seasonings in water for 30 minutes. Cut fish in pieces for serving and simmer in this stock until tender. Drain, (reserving stock), and place on oven-proof platter, with mushrooms. Blend 2 tablespoons Jewel with flour and stir into fish bouillon. Stir and cook until thick; add cream and 2 tablespoons cheese; taste and season. Pour over fish; sprinkle generously with cheese and brown quickly in oven.



MRS. R. T. HINTZ'S PRIZE

## Ham and Cheese Biscuits

- 2 cups sifted flour
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 3 tablespoons Jewel Shortening (Jewel protects the flavour of other ingredients)
- $\frac{1}{2}$  cup grated nippy cheese
- $\frac{2}{3}$  cup (about) milk
- . . . . .
- $\frac{1}{2}$  cup minced cooked ham
- 1 teaspoon scraped onion
- Creamed butter

Sift flour with baking powder and salt. Cut in Jewel finely and add cheese. Add gradually sufficient milk to make soft dough. Pat  $\frac{3}{4}$ -inch thick; shape with small floured cutter (or larger, for a luncheon dish). Bake on Jewelled pan in hot oven, 450°, 12 to 15 minutes. Spread hot split biscuits with ham, onion and butter, creamed together.

**Judges' Note:** This is the dough of plain cheese biscuits which might be served with butter, marmalade, etc., instead of ham filling.

MRS. W. M. HAMILTON'S PRIZE

## Stuffing Supreme

(For Any Kind of Bird)

- $\frac{1}{2}$  pound Jewel Shortening (you'll like Jewel for both savoury and sweet dishes)
- 1 medium-sized onion, finely chopped
- 1 cup finely-cut celery
- 1 cup finely-chopped mushrooms
- 3 cups soft white breadcrumbs
- 2 cups soft brown breadcrumbs
- 2 tablespoons minced parsley
- 2 teaspoons powdered summer savory
- Salt and pepper as required

Melt Jewel, add onion, celery and mushrooms, and cook until tender. Add breadcrumbs and seasonings and stir over heat until bread has browned. Taste, and season as necessary. Fill lightly into cavity of bird. If giblets are not used for gravy, they may be cooked, chopped, and added to stuffing.

# Deep-Fried Foods

## General Rules for Deep-Frying

Melt sufficient Jewel to immerse food to be fried, in pan deep enough to ensure against danger of over-flowing. The used Jewel may be cooled, strained through double cheese-cloth, kept in cool place and used again for deep-frying.

Purely-vegetable Jewel Shortening is ideal for frying purposes, because it is itself neutral in flavour and does not absorb flavours readily. Also because it may be raised to a very high temperature without smoking and without altering its sweet flavour or wholesomeness.

Use egg in mixture to be fried, or coat with diluted egg and sifted (seasoned) dry crumbs.

Fry foods not yet cooked — e.g. doughnuts, fritters — in Jewel at 365° (hot enough to brown a bread cube in 60 seconds). Fry already-cooked foods, such as croquettes, etc., and also oysters, in Jewel at 390° (hot enough to brown bread cube in 40 seconds). Raise temperature of fat a little higher than called for, to allow for drop in temperature when cold food is immersed in it — fry only a small amount of food at a time — and be sure to hold fat at required temperature throughout frying period. (A fat thermometer is a great help).

Drain foods, when cooked, on crumpled absorbent paper.

The properly fried croquette, doughnut, etc., should be delicious, digestible — with a thin, crisp, golden-brown crust, no fat absorption within.

MRS. JACK M. LYNCH'S PRIZE

## Ham Croquettes

- 2 cups mashed potatoes
- 2 cups finely-chopped cooked ham
- 2 tablespoons bacon dripping
- 2 tablespoons rich cream
- 2 egg yolks, beaten
- Dash of pepper
- 1 egg beaten with 1 to 2 tablespoons cold water
- Seasoned sifted dry crumbs
- Jewel for deep-frying (you'll like to work with Jewel)

Combine potatoes, ham, dripping and cream. Add 2 egg yolks, pepper, salt if needed, and beat smooth. Chill. Shape as croquettes about 4 inches long. Dip in dry crumbs, then in diluted egg, then coat completely with crumbs and fry in deep hot Jewel, 390°; (Jewel won't smoke even at a higher temperature). Drain. Serve hot, with green peas.

**Judges' Note:** A soft mixture to work with—but makes delicate, delicious croquettes.

MME. PAULETTE LEPAGE'S PRIZE

## Rice-Cheese Croquettes

- 4 tablespoons Jewel Shortening (Jewel protects flavour)
- 4 tablespoons flour
- 1 cup scalded milk
- 1 teaspoon salt
- $\frac{1}{4}$  teaspoon pepper
- $\frac{3}{4}$  cup drained cooked rice
- $\frac{3}{4}$  cup grated Canadian cheese
- Seasoned sifted dry crumbs
- 1 egg beaten with 1 tablespoon cold water
- Jewel for deep-frying

Melt 4 tablespoons Jewel in double boiler. Blend in flour, then stir in milk. Stir and cook until very thick. Add salt, pepper, rice and cheese. When cheese has melted, cool and chill. Shape as croquettes, coat with crumbs, then egg, then again with crumbs. Fry in deep hot Jewel, 390°. Drain and serve hot.

## Banana Doughnuts

1½ tablespoons Jewel Shortening  
⅓ cup granulated sugar  
1 egg, beaten  
1 medium-sized banana, mashed  
2 cups sifted flour  
2 teaspoons baking powder  
½ teaspoon salt  
⅛ teaspoon each cinnamon and ground cloves  
1/16 teaspoon ground mace  
¼ cup (about) milk  
Jewel for deep-frying

Combine Jewel, (Jewel mixes easily and quickly), sugar and egg; beat very light. Add banana, then sifted fine dry ingredients alternately with sufficient milk to make a soft dough. Roll ½-inch thick, shape with floured cutter and fry in deep hot Jewel, 365°. Drain and sprinkle with powdered sugar (spiced if desired).

## Drop Doughnuts

1 egg, beaten light  
½ cup granulated sugar  
½ cup milk  
1¾ cups sifted pastry flour  
or 1½ cups sifted hard-wheat flour  
1 teaspoon baking powder  
½ teaspoon salt  
⅛ teaspoon grated nutmeg  
The new, economical Jewel for deep-frying

Beat sugar gradually into egg; add milk. Sift together and gradually mix in the fine dry ingredients. Drop batter by spoonfuls into deep hot Jewel, 365°. Drain when brown and sprinkle with powdered sugar (spiced if desired).

**Judges' Note:** Dip spoon in hot Jewel before lifting batter. This thin mixture results in fascinating curlicues.



MRS. H. NICHOLSON'S PRIZE

## Danish Fried Cookies

- 4 tablespoons Jewel Shortening (the first superfine, general-purpose shortening at a sensible price)
- 1 cup granulated sugar
- 4 eggs, beaten
- 1 teaspoon lemon extract
- 2 to 3 tablespoons rich cream
- 6 cups sifted flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- Jewel for deep-frying

Combine 4 tablespoons Jewel, sugar and eggs; beat very light. Add extract and cream, then fine dry ingredients, sifted together. (Use additional flour, if necessary, to make soft dough which may be rolled). Roll  $\frac{1}{4}$ -inch thick; cut in narrow rectangles; draw one end of each through slit cut in centre. (Or make small twists, balls or figure 8's). Fry in deep hot Jewel, 365°. (Jewel is safe, non-smoking at high temperature). Drain and sprinkle with powdered sugar (spiced if desired). May be baked, instead of fried.



MISS EUGENIA ZUK'S PRIZE

## **Parsnip Croquettes**

3 cups mashed parsnips  
3 tablespoons butter or Jewel Shortening  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
 $\frac{1}{4}$  teaspoon celery salt  
1 egg yolk, slightly beaten  
1 egg, beaten and diluted with 2 tablespoons cold water  
Sifted fine dry crumbs  
Deep hot Jewel Shortening (a wholesome fat for frying  
—tasteless and completely digestible)

The parsnips should be well drained after cooking, then thoroughly mashed. Add the 3 tablespoons fat, salt, pepper, celery salt and egg yolk. Combine mixture thoroughly, then shape as balls. Coat first with fine dry crumbs, then with the diluted egg, then again with crumbs. Brown richly in deep hot Jewel, 390°. Drain; serve hot.

MISS KATE HISKA'S PRIZE

## **Sweet Potato and Pineapple Puffs**

2 cups mashed sweet potatoes  
 $\frac{1}{3}$  cup sifted flour  
1 teaspoon baking powder  
1 teaspoon salt  
2 eggs, beaten  
 $\frac{1}{2}$  cup milk  
1 cup well-drained canned pineapple tidbits  
Deep hot Jewel Shortening (Jewel does not smoke at  
frying temperature)

Drain potatoes very thoroughly before mashing. Sift flour with baking powder and salt, and mix with potatoes. Add combined eggs and milk. Add pineapple. Drop by spoonfuls into deep hot Jewel at 370°. When golden brown on both sides, drain and serve hot.

# CANADIAN HOME JOURNAL

## HOME SERVICE BUREAU

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This Certifies that *Jewel Shortening*

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## Laboratory and Home Tested and Approved

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In consideration of which the said product is hereby awarded the official  
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This Certificate of Approval, applying only to the product or products named above, covers a period of one year from date of issue, providing no significant alteration is made in the product during that time. In the event of such change, notification must be made at once to the Home Service Bureau in order that tests may be made and a new certificate issued. This Certificate entitles the above-named manufacturer to the following privileges during the period of which the approval is in force:  
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In witness whereof, The Home Service Bureau of Canadian Home Journal has set its seal of approval.

Dated at Toronto, Canada, this *second* day of *December*, 19*35*



Signed, *William Dawson*  
Managing Editor, Canadian Home Journal

Signed, *Katherine Caldwell*  
Director, Home Service Bureau

# JEWEL

*— the modern, purely-vegetable Shortening  
that gives finer results*

The NEW JEWEL Shortening has won the acclaim of women everywhere—for Cakes—for Pastries—for Biscuits—for Frying—because it offers these six striking advantages:

1. Uniform colour and texture: Jewel is pure, snowy-white in colour; smooth and even in texture.
2. Tasteless: Purely vegetable, Jewel has positively no trace of “shortening” taste. Protects the flavour of your ingredients.
3. Quick Creaming: Jewel saves you time and effort on each baking job.
4. Finer Cakes: Jewel cakes are lighter, finer-grained. Biscuits are fluffier, too.
5. Flakier Pastry: Jewel makes flakier, more tender crusts.
6. Ideal for Deep-Frying: Even at a temperature of 400°, Jewel won't smoke your kitchen.

THE FIRST SUPERFINE, GENERAL-PURPOSE  
SHORTENING AT A SENSIBLE PRICE



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for  
better  
baking



at a  
sensible price